



# FAMILY MATTERS YORK



Hello!

## Trick or treat?!

Family life and parenting can be full of sweet surprises and unexpected joys. Whether it is seeing your child enjoying splashing in puddles, kicking carefree through the autumn leaves or snuggling up for a cuddle, parenting can be a real treat! But, it can also be tricky. Whether it is facing an unexpected meltdown, dealing with squabbling & fighting, or daily battles over screentime, parenting can leave us feeling confused, drained and isolated.

However you are feeling this Autumn, **Family Matters York** is here to help support you. We offer FREE parenting and couples support to help you make small steps of change in your relationships. As a result of our courses & events, **92% parents** said they felt more confident in their parenting and **78% parents** noted improvements in their relationship with their child.

Why don't you **sign up TODAY** for a course? We hope that you too will experience improvements in your relationships and find support in knowing that you are not alone!

[Sign up today](#) and get those dates in your diary!

## TIME OUT FOR PARENTS! The Teenage Years

**SIGN UP  
NOW**



### 5 FREE SESSIONS

Starting Weds 15th November 7.30 - 9.30pm  
@ 60 South Bank Ave YO23 1DP

Join us to learn more about.....  
the changes your teenager is experiencing;  
communicating clearly;  
staying connected;  
supporting their wellbeing.

Share with others & find you're  
not alone!

SIGN UP FOR THIS FREE PARENTING COURSE:  
[www.fmy.org.uk](http://www.fmy.org.uk)

\*Chat & share \* Bite-sized tips & strategies \* Know that you are not alone!

Wednesday evenings  
7.30 - 9.30am (5 weeks)  
starting 15th November  
@ 60 South Bank Ave  
YO23 1DP

To sign up click [here](#)  
For information flyer  
click [here](#)  
Or contact Jen for more  
details  
[jenwootten@fmy.org.uk](mailto:jenwootten@fmy.org.uk)

07393 147259

## TIME OUT FOR PARENTS! The Early Years (0-5yrs)

**SIGN UP  
TODAY**



### 5 FREE ONLINE SESSIONS

Starting Weds 15th November 7.30 - 9.15pm  
Online Via Zoom

Join us to learn more about.....  
the importance of play;  
boosting self-esteem;  
parenting styles & setting loving limits;  
managing difficult behaviour.

Share with others & find you're  
not alone!

SIGN UP FOR THIS FREE PARENTING COURSE:  
[www.fmy.org.uk](http://www.fmy.org.uk)

\*Chat & share \* Bite-sized tips & strategies \* Know that you are not alone!

Wednesday evenings (Online)  
7.30-9.15pm (5 weeks) starting 15th November  
Online via Zoom

To sign up click here: <https://Earlyyearsparenting.eventbrite.co.uk/e>  
For information flyer click [here](#)  
Or contact Jen for more details : [jenwootten@fmy.org.uk](mailto:jenwootten@fmy.org.uk); 07393 147259

Monday evenings  
7.30-9.30pm (4 weeks) starting 20th November

## TIME OUT FOR PARENTS! Handling Anger in the Family

**SIGN  
UP  
NOW**



### 4 FREE SESSIONS

Starting Mon 20th November 7.30 - 9.30pm  
@ Cornerstone, Millfield Lane, York YO10 3AP

Anger is a natural emotion, but we often don't know where it comes from or what to do with it! Join us to understand more about the process of anger and learn ways to better manage anger within your family.

Share with others & find you're not alone!

SIGN UP FOR THIS FREE PARENTING COURSE: [www.fmy.org.uk](http://www.fmy.org.uk)

\*Chat & share \* Bite-sized tips & strategies \* Know that you are not alone!

@ Cornerstone, Millfield Lane, YO10 3AP

To sign up click [here](#):

For information flyer click [here](#)

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## Couples Support

## Time Out For Couples



An informal, relaxed one off evening with video clips and (couple only) discussion (no group work) for couples wanting to focus on their relationship away from the distractions of life!

We'll look at how we can tackle some of the common pressures that couples face, as well as what happens when these lead to disagreements. We will discover what it takes to handle conflict well and move forward together.

Sounds like something any couple would benefit from? Absolutely! Join us - book your free tickets NOW!

**Saturday 18th November . 7.30 - 9.30pm @ St Giles Church, Copmanthorpe,**

To sign up click [here](#) & for information flyer click [here](#)

Or contact Emma for more details : [emmamarshall@fmy.org.uk](mailto:emmamarshall@fmy.org.uk);

07491 910239



## Couples Mentoring



All couple relationships have their ups and downs. Life's day to day pressures and transitions can start to affect how we relate to each other and our relationships can drift a bit and we can struggle to 'turn up' for our partners.

At Family Matters York we offer some short term couple mentoring and some simple relationship tools to help couples stay close and connected on their relationship journey. Contact us to find out more about the support available to you.

**Sessions available all year round at a mutually agreed time.**

To make an enquiry click [here](#)

For information flyer click [here](#)

Or contact Emma for more details : [emmamarshall@fmy.org.uk](mailto:emmamarshall@fmy.org.uk); 07491 910239