

# CHILDREN'S ACTIVITIES

## SCHOOL HOLIDAYS

### Easter bonnets

3rd - 5th April

10.30am - 12.30pm & 2pm - 4pm

For Easter we will be making bonnets, and decorating them with all things lovely

### Crafting Calm

29th - 31st May

10.30am - 12.30pm & 2pm - 4pm

Create a calming treasure bottle for those moments when you need to feel calm

## FRIDAY FUN

### Caring Crayons

Friday 27th April

10.30am - 11.30am

Exploring positive relationships through stories and art

### Only One You

Friday 25th May

10.30am - 11.30am

Celebrating what makes each of us unique

## SATURDAY CRAFT

### Garden of Greatness

Saturday 10th March

10am - 12pm & 2pm - 4pm

Create a beautiful, colourful flower with all the great things about you

### Who Are You?

Saturday 21st April

10am - 12pm & 2pm - 4pm

Exploring identity and feelings through mask making

### You Are Loved

Saturday 19th May

10am - 12pm & 2pm - 4pm

Create a heart of Buttons to remind you of every special person in your life

All craft sessions will take place at the Tunbridge Wells Museum and Art Gallery. No booking required.

# PARENT TALKS

### THE CONFIDENT CHILD:

Building confidence and resilience in your child

Wednesday 14th March  
7.30pm - 9pm

### YOUR CHILD ONLINE:

Practical techniques for online safety

Wednesday 9th May  
7.30pm - 9pm

### AFTER THE SPLIT:

Strategies for shared parenting after separation

Wednesday 23rd May  
7.30pm - 9pm

All parent talks will take place at St John's Church, Tunbridge Wells. For more information and to book a place for parent talks visit: [fegans.org.uk/parent-talks](http://fegans.org.uk/parent-talks)

# PARENT CONSULTATIONS

One to one parent consultations are a great opportunity to meet members of our parent support team, and discuss parenting issues and strategies for happy healthy relationships and a calm home.

Monday 19th March  
9.30am - 11.30am

Thursday 17th May  
6pm - 8pm

Monday 4th June  
9.30am - 11.30am

All one to one parent consultations will take place at the Tunbridge Wells Museum and Art Gallery, for more information and to book go to [fegans.org.uk/parent-consult](http://fegans.org.uk/parent-consult)

All parent events are free, however we do appreciate small donations to help us continue our parenting work throughout the South East.

Follow us on social media search 'Fegans Charity'



PPP HEALTHCARE

TUNBRIDGE WELLS  
MUSEUM &  
ART GALLERY

