

Raise Your Self Esteem



Two of our Counsellors, **Tracey** and **Natasha** are promoting the 'Raise Your Self Esteem' course taking place in the New Year. This course is for you if you want to:

- Learn about what makes you tick
- Understand why some situations leave you confused and feeling out of sorts with yourself
- Learn how to deal with difficult situations differently
- Feel better and more confident about yourself

Contact us for more information.

There are **FREE PLACES** on this course. Please contact us for more details.

Welcome to the newbies

New Counselling recruits **Andrew, Charlotte, Emma, Helen, Jane, Karen, Lisa, Pam and Suzie** have just joined us. Welcome!

I m a Parent. Get me out of here!

This enjoyable six week course will enable you to survive being a parent of young children and increase your parenting skills.

Topics covered: what should I do/not do? What does my support network look like? What are children's' typical behaviours? How do I deal with sibling rivalries? How to set and keep boundaries. How to respond/talk to your child. Dealing with tantrums. More about how you were as a child and how that affects you as a parent.

Starting in January 2011, 10.30am-11.30am, the fees are: £90 for the 6 week course and £30 for the crèche. £10 deposits are required.

Diary Dates

Stroke Awareness and Communication training:

1st February 2011

We hope you've enjoyed reading our newsletter. Look out for our next one due out in January. Have a fab Christmas and New Year break!

The Counselling and Family Centre

Newsletter

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Profile of the month

Name: June Kelly

Job title: admin assistant



June has given many hours of service to CFC and kept things in order, for most of the year on a voluntary basis. Thanks for all your hard work June! We wish June many more happy hours here at CFC.

Farewell Fiona

Sadly, **Fiona** is leaving us this month as a Counsellor and trainer to make room for all the work she needs to do elsewhere. She's given us many hours of service, hopefully we will see her again at some point next year. She will be missed by all, though we wish her a prosperous future!

Party time!

The admin staff and volunteers enjoyed a Christmas carvery meal at The Hare and Hounds in Altrincham on Friday 10th December. Here they are having fun. June, who organised the meal, said "I'm delighted that everybody turned up, the meal was very successful and enjoyed by everyone."

As an added celebration of **Madeleine's** special birthday, a plant, book and bottle of Champagne was presented to her on the night. Thank you to all who made a contribution towards this gift.

