



Families Matter

Families shape who we become

Three FREE sessions exploring how our families shape us and how we shape our family



Wed 9 Oct:
Family -
where it all
begins

Wed 16 Oct:
Your Family

Wed 23 Oct:
Happy
Families

All three sessions from 7.30 – 9.30 pm
at The Garden Room at Wellspring House, 78 High Street,
Starbeck, HG2 7LW

The sessions are free, but places are limited to 10 so booking is essential. To book a place, please contact Wellspring:
[01423 881 881](tel:01423881881) or office@wellspringtherapy.co.uk



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