



A note to parents thinking about attending future Nurturing Programmes...


Coming from someone who was **VERY** reluctant to even attend in the first place; Who truthfully only agreed due to the **fear** of guilt she'd feel for "letting down" the person who referred her, and the worry that said person (one of the course leads) would be **Angry/Frustrated** with her and then might not want to support her anymore,

I am Truly glad I attended!

I was **Terrified** going in... I'm **NOT** keen on social situations, and I really **HATE** talking in front of people. **Obviously**, that was one of the very first things we did to introduce ourselves, so I dutifully made sure people knew I hated that. 😊

Once we reached the end, I just **Wished** the course was longer. Words cannot express how immensely **Grateful** I am that I pushed myself to go, even if it was for the wrong reasons initially. **I Kept At It, And I'm A Better Mother, And A Better Person for It.**

The material you learn is **Invaluable**, it offers such interesting perspectives on basic fundamental things that you likely wouldn't think of, which in turn molds your approach for the better. The impact it's had on my relationship with my children is **Astounding**.



Too Many Great Things To Say, Not Enough Space! Anyway, The Course Leads Are Amazing, And the group is such a safe and welcoming space.