

Christmas and New Year festivities over ?

Why not start the New Year with some “me time ?”

**Archibald Family Support
is offering**

Resilience and Relaxation for life

(A free 5 week course)

starting

Monday 13th January 2014

9am-10.30am

**Free crèche places will be available to
enable you to take part in this activity**

**If you would like more information about the
course or to book a place
please contact me on**

07879485993

email me at di-

ana.west@archibald.newcastle.sch.uk

Kindest regards

Diana

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**I would Like to take part in
Resilience and Relaxation for life**

Name.....

Contact details

I will /will not require a crèche place