

find out

# how to get the best out of family life



**We will be running a Nurturing Programme for parents of children with autism and/or learning disabilities**

The first session will take place our office at  
**35 Hendon Ln, London N3 1RT** at

**10am-12 noon on Friday 29th April**

Sessions will take place every Friday for 10 weeks, finishing on  
Friday 8<sup>th</sup> July

There will be no session on Friday 3<sup>rd</sup> June as it is half-term

There are limited spaces - for more information or to book  
your space now, please contact Project Support via

**[projectsupport@barnetmencap.org.uk](mailto:projectsupport@barnetmencap.org.uk)** or telephone  
**020 8349 3842**