

SIGN UP TO OUR FREE 4 X ONE TO ONE ZOOM SESSIONS WITH OUR FAMILY EXPERT!



# TIPS TO IMPROVE FAMILY LIFE

## SESSION 1



### PLAY

## SESSION 2



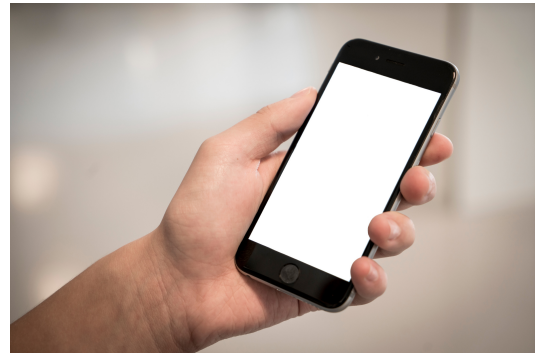
### PARENTING

## SESSION 3



### HEALTH

## SESSION 4



### TECHNOLOGY

FREE FOR PARENTS FROM TALLAGHT & CLONDALKIN  
CONTACT MICHELLE TO SIGN UP! 0879530810  
ATTEND EACH SESSION FROM THE COMFORT OF YOUR OWN HOME ON ZOOM "ONE CLICK AND YOU'RE IN"