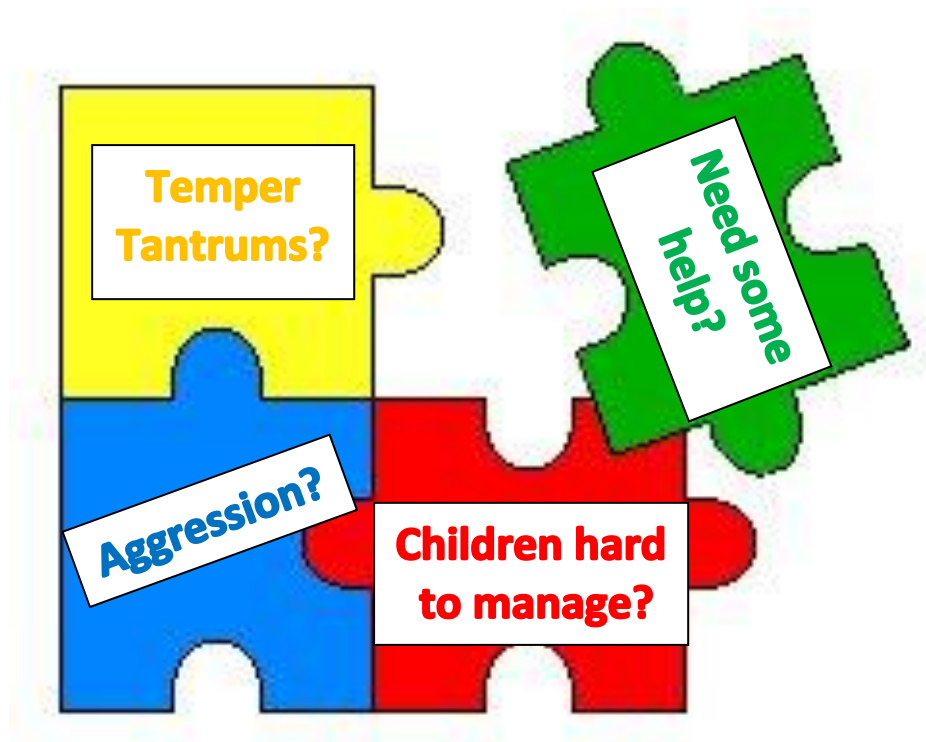




Stepping Out Stronger (SOS)

Whether the single issue is dealing with specific problems such as managing the household, supporting healthy lifestyles or attachment and bonding, SOS can support families in finding the best solution.

- Build your skills as a parent.
- Learn how to deal with specific concerns.
- Get advice on managing your child's behaviour.
- Discover new ways to help your child learn and develop.

**Gosport Discovery Centre - Wednesdays and
Fareham Library - Tuesdays
between 10.00 and 1.30 pm**

Appointments are available between 10.00am and 1.30pm on Wednesdays at the Gosport Discovery Centre and Tuesdays at the Fareham Library.

Virtual appointments can also be offered if you are unable to attend in person.

Initial Sessions are one hour with review sessions of half an hour. Please scan the QR code and complete the booking form, you will be contacted to book a time slot.



Please email f&g.earlyhelp@hants.gov.uk with any queries