

**Family Life Balance as a**

**Service Family**

**At Plymstock, 9.45am - 11.45am**

**Monday 11 September - Monday 9 October**

A five week course for Service Families which covers family routines, self-esteem, tips for preparing for deployment

and coping with deployment.

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**An introduction session Monday 4th September**

A free crèche will be provided throughout the course

Please call Plymstock on 01752 407496

to book a place. C:\Users\Karen.Marlton\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\WTSU5GQ2\blockpage[2].gif

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