



## **West Lothian Family Workshops**

**For children (aged 8-12) living with long-term health conditions and their parents/carers**

**\*Relaxation \* Communication \* Coping with Feelings\***

**November 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup>, 2013**

***\*Celebration event on December 7\****

**10:00 am to 12:30 pm**

**Voluntary Sector Gateway West Lothian**

**36-40 North Bridge Street, Bathgate, West Lothian**

**EH48 4PP**

**Attendance at all workshops is suggested as this is a 4-session programme**

**Travel costs and childcare can be reimbursed**

**Please contact us to book a place:**

**Amy Joss, Project Officer**

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**Phone/text: 07712542849**

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**Website: [www.ascscotland.org.uk](http://www.ascscotland.org.uk)**