



FAMILY  
MATTERS  
YORK

# How can we help?

**ALL  
FREE**

## Support for parents & carers

### Group courses & workshops:

- Early years
- Primary years
- Teen years
- Parenting in a digital age
- Additional needs
- Handling anger
- Emotional wellbeing

Available in  
person and  
online.

## Support for couples

One-off events to help  
couples connect, cherish,  
collaborate and commit.  
No group work!

Mentoring with a peer  
support couple to overcome  
problems and  
reconnect.

## Get in touch



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Jen (parents & carers): 07393 147259

Emma (couples): 07491 910239

[www.fmy.org.uk](http://www.fmy.org.uk)



# How you can get involved



## Volunteer

If you'd like to help us make a difference to local families we'd love to hear from you!



## Donate

Support us through a one-off donation or a regular monthly gift.

Donate online: [fmy.org.uk/donate/](https://fmy.org.uk/donate/)



## Join our mailing list

Stay up to date with our courses, events and news.



## Tell others

If you like what we do, please tell others.  
You can also follow us on social media.

 [fmy.org.uk/get-involved/](https://fmy.org.uk/get-involved/)



[info@fmy.org.uk](mailto:info@fmy.org.uk)

