



**Parenting  
Project**

# PARENTSING

Parents and children making music together

What does singing do?

It releases endorphins in the brain and helps you to feel good

If you want to feel good, then come along to any of the sessions below

**Alcester**

Wednesday 8<sup>th</sup> August from 10 to 11.30 am

**Lighthorne Heath**

Thursday 16<sup>th</sup> August from 10 to 11.30am

**Stratford**

Wednesday 22<sup>nd</sup> August from 1.30 to 3pm

Come along and have fun singing with others and find your voice  
You don't need to know anyone to come along as it is an opportunity  
to make friends and perhaps it is the beginning of a choir if anyone is  
interested in seeing the sessions develop in that way



Department for  
**Education**



**Sure Start  
Children's Centres**

South Warwickshire **NHS**  
NHS Foundation Trust