



## The Ark Project: Empowering Black, Asian and Minority Ethnic Families

- Are you a parent from a Black, Asian or Ethnic Minority Group?
- Is your child between the age of 5-12 years?



We are offering free groups and workshops to support children and families to express, understand and manage their feelings and behaviour.

In our groups we will also talk about how culture affects how we raise our children

We offer:

- Interpreters
- Groups in your local area

For more information and to refer:

Telephone us on 0161 262 1622

Email us on <a href="mailto:arkproject@justpsychology.co.uk">arkproject@justpsychology.co.uk</a>

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