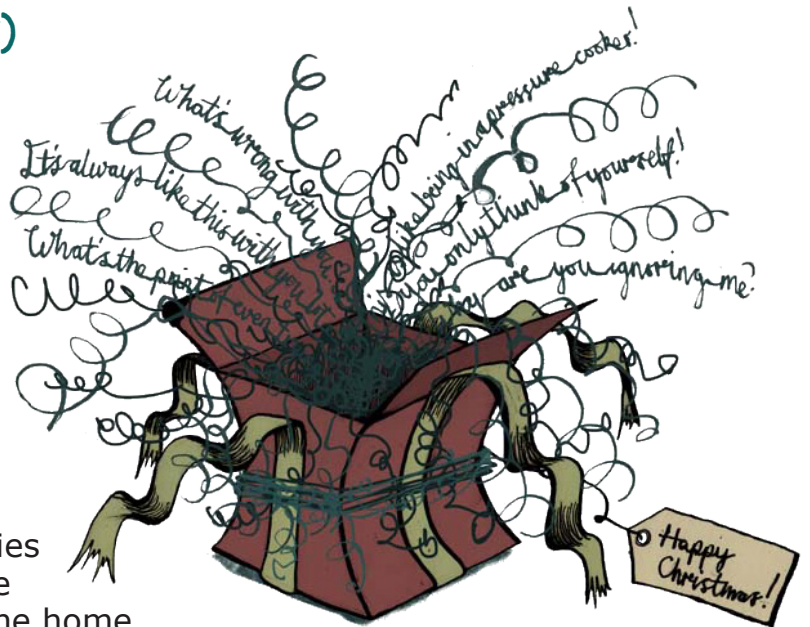


THE MELTDOWN BEFORE CHRISTMAS...

Easter Road (Hibernian FC)
Monday 11th December
4:00 - 5:00pm

Twass the night before Christmas, when all through the house not a creature was stirring, not even a mouse...probably because of the big argument about what time to be up and dressed on Christmas day to visit the family and now no-one is talking to each other!

Christmas can be a great time for families but also a nightmare and is often a time of increased stress and conflict within the home.



In collaboration with GameChanger Christmas 2017 come join the Cyrenians SCCR & Conflict Resolution Services for a **FREE** fun, interactive and festive event for young people and families.



This Christmas special will look at the potential family meltdowns that could happen over the holiday season. We will think about how to deal with these situations and learn new skills to tackle these differently; enabling us to be kind to ourselves and others, add a bit of Christmas cheer and to have healthier and happier relationships at this special time of year.

Last year in Scotland nearly 4,500 young people presented as homeless due to relationship breakdown, but we know this is just the tip of the iceberg with many families struggling behind closed doors.

BOOK YOUR PLACE ONLINE AT OUR WEBSITE
www.scottishconflictresolution.org.uk/events
OR CALL US ON 0131 475 2493

Website: www.scottishconflictresolution.org.uk

Email: sccr@cyrenians.org.uk

Phone: (0131) 475 2493

Facebook: www.facebook.com/sccrcentre

Twitter/Instagram: @sccrcentre

