

## Empowering mothers

TRACEY Wall is to run a series of workshops designed to help mums overcome their anxieties and achieve greater fulfilment in their lives.

Empowering mums aims to help mothers to help themselves so that when problems arise in their lives they can deal with them quickly and easily.

Tracey said: "The road to happiness starts with having a sense of purpose in life, and working towards achievable goals.

"Becoming the best possible mum you can be to your children means switching from family life controlling you, to being totally in control of your family life, and my six-week workshop programme is designed to help mums do just that."

Empowering Mums runs from June 10 until June 15, at 9.30am to 11.30am, at The Kingfisher, in Kingsmead.

Evening sessions are from 6.30pm to 8.30pm, at The Blue Cap pub, on Chester Road, Cuddington. The workshops are £22.50 and they can be booked online at [takecontrolmakeithappen.evenbrite.com](http://takecontrolmakeithappen.evenbrite.com). For information call 01606 334015