



Buckinghamshire Family Learning



FREE WELLBEING COURSES & WORKSHOPS

for Parents and Carers of Children

MENTAL HEALTH & WELLBEING SUPPORT



YEARS 7, 8 & 9 (5 weeks Online)

- Help your child to be more confident and resilient
- Help them to manage anxiety and worries



Wed 14th Jan - Wed 11th Feb



7pm - 9pm

Course code:
FMWB057



ADHD SUPPORT



YEARS 7 - 11 (2 hours online)

- Practical strategies and tips for supporting ADHD children at home



Wed 14th Jan



9:30am - 11:30am

Course code:
FMAC135



AUTISM SUPPORT



YEARS 7 - 11 (2 hours online)

- Practical strategies and tips for supporting Autistic children at home



Mon 19th Jan



7pm - 9pm

Course code:
FMAC134



TO BOOK
YOUR PLACE



01296 383582 - Enrolment team
or SCAN the QR code
or CLICK on the course code link

FOR MORE
INFORMATION



07770 641997 - Kathryn



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