



Buckinghamshire Family Learning



Wellbeing Online Course Monday 7pm-9pm

For parents and carers with child/ren in Years 7 to 11

 13 Jan to 10 Feb (5 weeks)
Y7 to 9: Support your child's
mental health and wellbeing
([FMWB057](#))

 Thursday 23 January (9:30am
- 11:30am): Support your autistic
child at home workshop
([FMAC134](#))

 3 February - Y10 and 11: Help
your child to develop confidence
and resilience workshop
([FMWB112](#))

 10 February - Y10 and 11: Help
your child cope with stress and
anxiety workshop ([FMWB105](#))



Help your child manage their wellbeing and mental health. To book your FREE place, contact our enrolment team on 01296 383582 or scan the QR code. For more information call/text Kathryn on 07770 641997

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