



Buckinghamshire Family Learning



FREE courses and workshops for parents and carers of children at Secondary school in Buckinghamshire

Support Your Child's Well Being -Y7-9 ([FMWB057](#)) 5- week course

Support you to manage your child's well being and mental health through practical age related activities.

Tuesday 3 June - 1 July 12.30 pm - 2:30 pm



Help your child build Confidence Friendships and Manage Stress 2- hour workshop- Y10 &11 ([FMWB022](#))

Get practical ideas to improve your child's confidence and manage their stress, anxiety and peer pressure.

Monday 16 June 7:00 pm - 9:00 pm



Support Your ADHD Child at Home 2-hour Workshop ([FMAC135](#))

We will help you to understand ADHD and its characteristics and help you create a supportive and inclusive environment for your child.

Monday 23 June, 7:00 pm - 9:00 pm



Help your Child to Think Critically to Gain Confidence and Self-Esteem 2-hour workshop-Y7-11 ([FMWB023](#))

Support your child to build self-esteem and confidence by developing problem solving strategies and creative thinking.

Tuesday 8 July, 12:30 pm - 2:30 pm



To book your FREE place, choose a date and contact our enrolment team on 01296 383582, scan the QR code or click on the link. For more information call/text Kathryn on 07770 641997.



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