



Buckinghamshire Family Learning



FREE

**ONLINE WELLBEING COURSES
for PARENTS & CARERS**



YEARS 7 - 11

**Help your Child to think Critically
to Gain Confidence and Self-Esteem**

**Wednesday 10th December
7pm - 9pm**

**Course code:
FMWB023**



YEARS 10 & 11

**Help Your Child Build Confidence,
Friendships and Manage Stress**

**Monday 17th November
7pm - 9pm**

**Course code:
FMWB022**



**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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