



## FREE WELLBEING COURSES & WORKSHOPS

for Parents and Carers of Children

YEARS  
7-9



### MENTAL HEALTH & WELLBEING

Help your child deal with pressure, stress, anxiety, setbacks and build resilience



Wed 22<sup>nd</sup> Apr - Wed 20<sup>th</sup> May



7pm - 9pm

Course code:  
**FMWB057**

SCAN ME



YEARS  
7-11



### SUPPORT YOUR SEND CHILD AT HOME

Gain a clear understanding to help support your neurodivergent child at home



Wed 22<sup>nd</sup> Apr - Wed 13<sup>th</sup> May



9:30am - 11:30am

Course code:  
**EMAN002**

SCAN ME



YEARS  
7-11



### EVERYDAY FIRST AID WORKSHOP

Practical tips on how to deal with choking, bums and minor injuries in basic First Aid



Wed 6<sup>th</sup> May



12:15pm - 2:45pm



Southcourt Family Centre, Aylesbury

Course code:  
**FMFA042**

SCAN ME



YEARS  
10 & 11



### CONFIDENCE, FRIENDSHIPS AND MANAGING STRESS WORKSHOP

Help your child build confidence, friendships and manage peer pressure



Wed 15<sup>th</sup> Apr



7pm - 9pm

Course code:  
**FMWB022**

SCAN ME



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