



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 22nd Apr - Wed 20th 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 22nd Apr - Wed 13th 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 6th 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 15th 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