Buckinghamshire Family Learning



FREE

ONLINE SCHOOL COURSE for PARENTS and CARERS OF CHILDREN IN YEARS 3, 4, 5 & 6

SUPPORT YOUR CHILD'S WELLBEING

Course link: FMWB020

Click on the course link here to enrol

You will explore ways to build your child's confidence and self-esteem, improve their resilience both at home and at school. You will look at strategies to help them cope with anxiety and stress.

Wednesday 11th November - Wednesday 9th December

9:30am - 12pm



SCAN ME

TO BOOK YOUR PLACE → **01296 383582 - Enrolment team**

or SCAN the QR CODE

or CLICK on the course link provided for each course

FOR MORE INFORMATION → **07971 107040 - Suzi**

buckinghamshireadultlearning

adultlearningbc.ac.uk

Funded by UK Government