

Promoting positive mental health and emotional well-being

Raising Children with Confidence Course



Wednesdays 27th April - 14th June
12.30 to 2.30pm
Free Creche available

This course aims to give parents and carers the chance to explore emotional well-being and how we can best promote it in ourselves and our children. Drawing on the latest findings and research it helps to explain why what you do makes a difference.

The course comprises of eight sessions (2 hours each) covering the following topics:

- 1. Introduction Session**
- 2. Why Do Kids Do That?** (Looking inside children's brains)
- 3. What's Love Got To Do With It?** (How relationships shape child development)
- 4. Cotton Wool Kids?** (Helping children cope with the ups and downs of life)
- 5. Staying Connected!** (Listening differently to understand better)
- 6. What Makes Us, Us?** (How thoughts and feelings influence behaviour)
- 7. Time Well Spent?** (How to fit it all in, in the 21st century)
- 8. Looking back at what we've learned** (A celebration and certificates)

If you would like more information or to book a place contact Melinda or Andrena at Gate 55 on: 458 5095 or hand in a slip below to Gate 55.

Tear off

I would like to come to this course:

Name :

Contact no:

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