

Adult and Community Learning
Family Learning
Online



Soothing Sacks Wellbeing for Families

Free 5 week online course

Choose either:

During this period of change and uncertainty many children are experiencing heightened levels of anxiety and stress and this is impacting on their health and wellbeing.

This 5 week course is designed to give parent/carer/practitioners the knowledge and skills to support their children and boost their happiness and wellbeing

If you would like to attend, use the QR code or link below and choose Adult & Community Learning - Family Learning:

<https://www.warwickshire.gov.uk/adultlearningandtrainingcourses>



If you require any further information please

email: katrinamcdade@warwickshire.gov.uk

