

# FAMILY LEARNING COURSES

## Mental Health Course-

This eight week course is coming to **Hebburn Family Hub**. This course allows adults to spend time learning about how to look after their and their children's mental wellbeing each day. Topics covered include, communicating and managing emotions, self-esteem, resilience, anger and stress. The course is suitable for parents with children aged 7-11 years old.

**Start date:** Monday 9<sup>th</sup> October 2023

**Additional session:** Monday 30<sup>th</sup> October 2023 (1-4pm)

**End date:** Monday 4<sup>th</sup> December 2023

**Time:** 1:30-3pm

Sessions run as adult only, apart from the session on Monday 30<sup>th</sup> October when your children can attend the session for some half term activities.

To register your interest please email:

[jasmine.davies@foundationoflight.co.uk](mailto:jasmine.davies@foundationoflight.co.uk)



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