

Dear Parents/Carers,

Please find attached some posters regarding wellbeing course which may be of interest to you - the posters are advertising:

·**Calm Kids, Calm Home** is a 6 week course running on Friday mornings. The course look at ways of making the home environment calmer, including discussing effective co-parenting, family routines, parents as role models and self care.

Starting on Friday 14 January from 9:30- 11:00.




·**Calming the Mind** is a 6 week introduction to mindfulness. Parents who attended this course last year have noticed a real change in their lives, and a greatly improved relationship with their children.

Starting on Tuesday 11 January from 7:30-8:30.

Calming the Mind for Parents



A free* 5 week online course to introduce you to mindfulness in the comfort of your own home

-  Explore ways to manage your stress levels
-  Find new ways to relax yourself and your family
-  Learn how to be mindful everyday

Tuesday Evenings 7:30-8:30

11 January – 15 February

To enrol now scan the QR code to take you to the website and signup!

Or email fay.tucker@gloucestershire.gov.uk






* The course is free if you are over 19 years old, have lived in the UK for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,374 per year; Qualified below a Level 2 (less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability.

Calm Kids, Calm Home

A *free online course for parents



Do you long for a bit of peace but not sure how to get it?
Join us from the comfort of your own home to:

-  Find ways to settle your kids
-  Get tips to make your home calmer
-  Find out how to make your children happier

Fridays
14 January- 18 February
9.30 - 11.00

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