



Wellbeing Courses for Parents

28.1.2021

Dear parents and carers,

There are two new wellbeing courses coming up online for parents which have been organised by Adult Education in Gloucestershire. The aim is to support parents & carers to live calmly through these stressful times. The tutors who lead the training will be welcoming and friendly.

Calming the Mind is an introduction to mindfulness for 6 weeks. It starts on Wednesday 3rd February 7:30-8:30pm.

You will: .

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

Happier and Calmer helps parents explore the science behind feeling better. It is a 6 week course starting on Wednesday 24th February 9.30-11.00am.

You will:

- Discuss ways to make your family calmer
- Get tips to make you feel happier
- Develop yoga and mindfulness skills

Both courses are being delivered via Zoom. You can access this through your smartphone, tablet or computer. To book a place, please email fay.tucker@gloucestershire.gov.uk

* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,000 per year; Qualified below a Level 2 (less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability

If you are interested please see the attached flyers for additional details.

With kind regards,

Zoe Avastu
Headteacher