



Wellbeing Courses

3.12.2021

Dear parents/carers,

Adult Education Gloucester are running some great wellbeing courses online which are designed especially for parents/carers. All of the courses are open to all and free* to many.

- **Calm Kids, Calm Home** is a 6 week course running on Friday mornings. The course looks 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.

Parents can enrol online through the QR codes on the flyers, or by the contact details below:
Fay Tucker, Adult Education Family Learning Coordinator EE & I, Gloucestershire County Council
07760 171477, 4 - 6 Commercial Road, Gloucester, GL1 2EA

fay.tucker@gloucestershire.gov.uk

<http://www.gloucestershire.gov.uk/adult-education-in-gloucestershire/>

* The courses are 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.

With kind regards,

Zoe Avastu
Headteacher