

ADULT LEARNING



Raising Children with Confidence

Thursdays over Lunchtime for 8 weeks

Starting 20th January 2022, 12.30-1.30pm delivered via Zoom



This is an eight session course which aims to give all parents and carers the latest findings from evidence and research to explain what influences the development of emotional wellbeing and why what you do makes such a difference.

This course is for parents and focusing on the development of children aged 10 years and younger.

The course will cover the following topics: *Promoting Wellbeing, The Developing Brain, Why Love Matters, Staying Connected, Building Resilience, Looking After Ourselves*

To sign up visit the Midlothian Communities and Lifelong Learning Eventbrite page or call/text 07786668824