



FAMILY LEARNING



Emotional Wellbeing for Families



Mondays, 9.30-11.30
12th and 19th October,
and 2nd November 2020
 Free, online

In partnership with
Pear Tree Mead Academy



This workshop will help you to support yourself, your family and your children during these difficult times. We aim to offer strategies and resources around:

- providing you with the opportunity to discuss any issues or concerns you may have
- understanding emotional wellbeing in children and families
- developing confidence and a positive image of self
- developing positive and healthy relationships with family and friends
- understanding what activities can support a child's wellbeing
- finding out what services and support are available locally and nationally.

**To book your place
 or for more information
 please contact Ruth Bartlett
 ruth.b@peartreemead.essex.sch.uk**

