



**WELLBEING**

## February 2022 Online Wellbeing Courses

**Helping My Child to Build  
Concentration and Resilience**  
**Monday 14 February**  
**12:30-2:30**

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**Helping My Child with  
Anxiety and Worry**  
**Tuesday 15 February**  
**10:00-12:00**

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**Helping My Child to  
Prepare Positively for Change**  
**Monday 21 February**  
**12:30-2:30**

**Courses for  
parents/carers to  
develop skills to  
support their children  
in tricky times:  
improve  
communication and  
problem solving skills  
and build up abilities  
to be more resilient in  
times of stress.**

### CONTACT DETAILS:

**EMAIL: [FAMILYANDCOMMUNITYLEARNING@WILTSHIRE.GOV.UK](mailto:FAMILYANDCOMMUNITYLEARNING@WILTSHIRE.GOV.UK)  
WEBSITE: [WORKWILTSHIRE.CO.UK/FAMILY-LEARNING/](http://WORKWILTSHIRE.CO.UK/FAMILY-LEARNING/)  
CALL: 01225 770478**

Courses are funded by the Education and Skills Funding Agency. Learners must be 19+, have been resident in the UK/EU for three+ years, a military family member, have a child with SEN/EHCP, have less than 5 GCSEs A - C and/or be in receipt of benefits or be unemployed. If you do not feel you fit within the criteria, we may still be able to help so please call if you have any questions.