

# Be inspired to learn...

Adult Learning 19+

**\*\*FREE tuition for people on most means tested benefits (proof required at first session)**

## Looking After Your Childs Mental Health

The Newark Academy

London Road

New Balderton, Newark

NG24 3AL



**Starts: 23<sup>rd</sup> May 2018**

**Time: 5pm – 7pm**

**For 1 session**

**COST: FREE**

On this course you will learn about the five ways to mental wellbeing and how these can be used to support your child both in and out of school.

We will look at common Mental Health issues in children and discuss practical ways on how to boost your child's happiness and resilience.

Please note; this is an overview session and we will not be going into any depth. A resource list/pack will be provided on where you can seek further help/support/training.

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