



# Buckinghamshire Family Learning

Are you worried about your child's wellbeing? Are they anxious or stressed?

Would you like to help your child build confidence and resilience, have positive friendships, and manage the online world?

## Help your child to manage their wellbeing with these **FREE** online workshops - Years 7, 8 & 9

- [Help your Child to Develop Confidence and Resilience](#)  
Tuesday 10 January, 9:30am-11:30am
- [Help your Child Cope with Stress and Anxiety](#)  
Tuesday 17 January, 9:30am-11:30am
- [Help your Child to Develop Positive Friendships and Manage Peer Pressure](#)  
Tuesday 24 January, 9:30am-11:30am
- [Help your child to be Happy, Healthy and Safe online](#)  
Tuesday 31 January 9:30-11:30am

To book your place, please click on the link above, or phone the Enrolment Team on 01296 383582

For more information, text Kathryn on 07770 641997, with your name and the course date

