



# Buckinghamshire Family Learning

Help your Child to Manage their Wellbeing  
with these FREE\* Online Workshops

## YEARS 7, 8 & 9



- Help your Child Cope with Stress and Anxiety  
Tuesday 13 June, 9:30am-11:30am



- Help your Child to Develop Positive Friendships and Manage Peer Pressure  
Tuesday 20 June, 9:30am-11:30am



- Happy, Healthy and Safe Online Tips to Help your Child  
Tuesday 27 June, 9:30am-11:30 am



- Help your Child Build Confidence and Resilience  
Tuesday 11 July, 9:30am-11:30am

## THINKING ABOUT VOLUNTEERING

Tuesday 4 July, 9:30am-11:30am

This two-hour workshop aims to build your confidence and explore volunteering opportunities and steps to start or return to employment.



To book your place, please click on the link or the QR above, or phone the Enrolment Team on 01296 383582. For more information, text Kathryn on 07770 641997, with your name and the course date.

\* For parents and carers with a child in Years 7 to 9 at one of the following schools Aylesbury UTC, Mandeville School, Princes Risborough School, Bourne End, Beaconsfield School, Buckingham School, The Grange, Highcrest, Thomas Freemantle School, Cottlesloe School, Chiltern Hills Academy



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