



Buckinghamshire Family Learning

Help Your Child Manage Their Well-being with these FREE Online Workshops* Every Monday 7pm to 9pm

Years 7, 8 & 9

- 15 April: **Help your child to develop confidence and resilience** ([FMWB056](#))
- 22 April: **Help your child cope with stress and anxiety** ([FMWB081](#))
- 29 April: **Help your child to develop positive friendships and manage peer pressure** ([FMWB087](#))
- 13 May: **Happy, healthy and safe online-tips to help your child** ([FMWB092](#))

Years 10 & 11

- 20 May: **Help your child cope with stress and anxiety** ([FMWB105](#))

Also available

Support Your Autistic Child at Home

- Thursday, 16 May ONLINE,
9:30am to 11:30am ([FMAC134](#))

* For parents and carers with a child in Years 7 to 11 at one of the following schools: Aylesbury UTC, Aylesbury Vale Academy, Beaconsfield School, Bourne End Academy, Buckingham School, Chiltern Hills Academy, Cottlesloe School, Cressex Community School, Highcrest Academy, John Colet School, Mandeville School, Princes Risborough School, Sir William Ramsay School, Stony Dean School, The Grange School, Thomas Freemantle School and Waddesdon CofE School



CLICK on the [course code link](#) or

PHONE 01296 383582 with the course code (eg. FM.....)

For more information, text Kathryn  07770 641997