

ADULT LEARNING



**Communities
& Lifelong
Learning**

Raising Children with Confidence

Wednesday Evenings for 6 weeks

Starting 21st April 2021, 7.00-8.30pm on
Zoom



This is a six session course which aims to give all parents and carers the latest findings from evidence and research to explain what influences the development of emotional wellbeing and why what you do makes such a difference.

This course is for parents and focusing on the development of children aged 10 years and younger.

The course will cover the following topics: *Promoting Wellbeing, The Developing Brain, Why Love Matters, Staying Connected, Building Resilience, Looking After Ourselves*

To sign up email CLL@midlothian.gov.uk or call/text
07786668824

