

A wooden sign with the word 'WELLBEING' written in blue capital letters, resting on a bed of green clover leaves.

Family Wellbeing Online course 5 x 2 hr sessions

Starts Friday 19 November 10:00-12:00

- **Gain confidence to support family wellbeing**
 - **Learn techniques to support you and the family to be more positive**
 - **Understand the links between mental and physical health**
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- A close-up photograph of two bright yellow sunflowers with dark brown centers, set against a white background with green leaves.

CONTACT DETAILS:

EMAIL: FAMILYANDCOMMUNITYLEARNING@WILTSHIRE.GOV.UK

WEBSITE: WORKWILTSHIRE.CO.UK/FAMILY-LEARNING/

CALL: 01225 770478

Courses are funded by the Education and Skills Funding Agency. Learners must be 19+, have been resident in the UK/EU for three+ years, a military family member, have less than 5 GCSEs A - C, have a child with SEN and/or be in receipt of benefits or be unemployed. If you feel you don't fit within the criteria, we may still be able to help so please call if you have any questions.