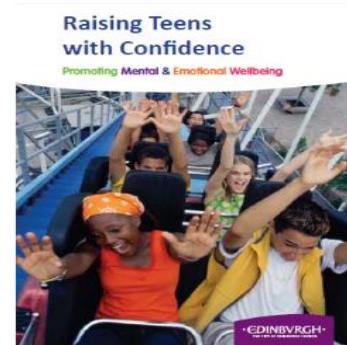
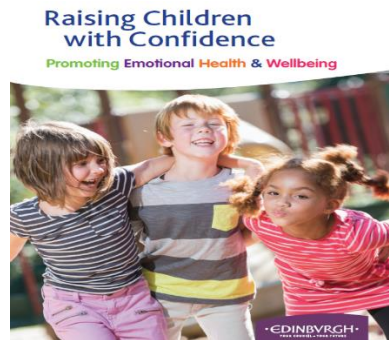


ADULT LEARNING



FREE ONLINE COURSES



Communities & Lifelong Learning would like to offer the following free online courses starting in end of April 2021:

Raising Teens with Confidence (on Zoom)

6 weeks

This free, 6-week online course aims to help parents / carers understand how they can best support their teenage children to navigate increasing independence, develop confidence, security and resilience and promote emotional wellbeing. Includes sessions on:

- 'Risky Business'
- 'The Brain under stress'
- 'It's Good to Talk'
- 'Looking After Your Wellbeing'

Raising Children with Confidence (on Zoom)

6 weeks

We all want our children to grow up confident, secure and able to cope with life's challenges. Some children manage this better than others. Ever wondered why this is and what you can do to support your child to develop good mental health and wellbeing?

- Promoting Wellbeing
- The Developing Brain
- Why Love Matters
- Building Resilience

Introduction Session – Thursday 31st March 10am to 11am (on Zoom)

If you would like to find out more before booking a place, we are delivering a short session to introduce both courses and we will provide dates and times for the courses starting at the end of April.

To book a place on the introduction session please email CLL@midlothian.gov.uk with your name and contact details