

Change Your Life
Learn something new



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Family Learning



Is your child in KS2, Years 3 - 6?

Do you want to support them with their
Mental Health & Wellbeing at home?

Join our Introduction to Child Wellbeing online learning course

This is a 3 week online course in which you will:

- Discover what's going on in your child's head
- Recognise how the 5 Ways to Wellbeing can improve mental health
- Investigate what Mindfulness is

To join an online class you will need access to a computer or tablet and the internet.

Course dates:

Mental Health & Wellbeing –

Thursdays 18th, 25th March and 1st April 2021, 12.30–2pm

To book onto this online course or for further details contact:

Halton Adult Learning on: 0151 511 7788

Email: sarah.wild@halton.gov.uk

Register by Tuesday 9th March 2021 for a place on the course.



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