

# Family Matters Course

## Family Matters Course

Being a parent is not always easy and sometimes challenging. This course aims to improve understanding of family relationships and give parents skills and strategies to increase confidence, deal with stress and bring up more confident children.

**Who's it for:** The course is for any parent or carer of primary school aged children who wants to build their confidence and understanding in parenting and family relationships

**Duration:** Six sessions of two hours (online).

The course will be take place in a supportive group atmosphere where building trust is important. The focus of the sessions will be flexible depending on the needs and interests of the group.

These are the main areas which will be covered:

- Patterns in family relationships
- Increasing self-confidence and building confident relationships
- Dealing with stress and difficulties
- Behaviour patterns and how they affect family life
- Communication skills
- Emotional and mental wellbeing in families
- The impact of digital devices on family life

**Course Dates and Times:** TBC – you will need access to a device like a tablet or computer and WiFi access for online sessions.

This course is FREE to attend thanks to funding from Aberdeen City Council.

**To register your interest or for more information, please email Elaine at: [e.morrison-jures@wea.org.uk](mailto:e.morrison-jures@wea.org.uk)**

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