

Wellbeing course

The last year has been an emotional rollercoaster for us all!



In conjunction with Parent Network Scotland, this course, gives parents/carers, practical ways to help them manage difficult emotions and the challenges of life just now.

The 8-week course will cover breathing, mindfulness, movement and other tools to promote wellbeing for you and your family.



Pamela and Ruth, from Family Learning, will run the course on Wednesday mornings, 9.30-11am, starting on Wed 5th May.

For more information or to book your place, please contact Ruth on 07387064465, or by messaging @ Ruth Family-Learning on Facebook.



We think you'll gain more from the course if you're able to access a computer/laptop or tablet - if this is a problem, please let us know. The course will be run on Microsoft Teams - don't worry if you've not used this before as we can have a practice 1:1 session beforehand to guide you through.

*Please note, this course is open to families in the Northfield and Mastrick areas.