

Family and Community Learning

Discover Opportunities - Develop Skills - Achieve Ambitions



Online Course

Supporting My Teen with Wellbeing

Tuesday 23 June 10am - 12pm



- Understand the changes in a teenage brain
- Learn techniques to promote wellbeing
- Explore positive psychology

For bookings scan the QR code or contact: 01225 770478

familyandcommunitylearning@wiltshire.gov.uk

<https://workwiltshire.co.uk/family-and-community-learning/>



Courses are no cost to learners who meet our eligibility criteria. Learners must be aged 19+ years, have a Wiltshire postcode, and meet residency requirements. Learners must also be able to tick **one** of the following criteria: individual income less than £25,750 a year; in receipt of benefits (other than child benefit); be a care leaver, foster carer or carer; be a military family or ex-armed forces personnel; have refugee or asylum seeker status; have a learning difficulty or disability; be looking to work, now or in the future.



Wiltshire Council