

# Making Sense of Wellbeing

Tuesdays 7.15 pm - 8.15 pm via Zoom  
14th September to 7th December  
(excluding 26th October)

Online course designed to help parents and carers build resilience, reduce stress and learn relaxation techniques

For further information please visit:



**Reaching Families**

[www.reachingfamilies.org.uk/wellbeing.html](http://www.reachingfamilies.org.uk/wellbeing.html)

