Adult Education in Gloucestershire



Happier and Calmer: Wellbeing at Home

A *free online course for parents

We will be guiding you through the latest science on how to build a happier and calmer home

- Find ways to settle yourself in these uncertain times
- Discuss ways to make your family calmer
- Get tips to make you feel happier
- Develop yoga and mindfulness skills

A 6 week course running on Wednesdays starting on 24th February
9.30 - 11.00am

The course is being delivered via Zoom. You can access this through your smartphone, tablet or computer. We can help you to use it.

To book a place, please email fay.tucker@gloucestershire.gov.uk

* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,000 per year; Qualified below a Level 2 (less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability

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