



Herefordshire,
Ludlow & North
Shropshire College



You and your family: building emotional health

A FREE 5 week course for parents and carers at
Stokesay Primary School



On this course you will:

- ✓ Learn about the challenges we face and how stress affects us
- ✓ Learn about emotions and what they are for
- ✓ Understand how the thinking mind works
- ✓ Discover practical ways of building resilience to stress
- ✓ Make a personalised plan – what works for you?

Venue: Stokesay Primary School

Day: Tuesday

Time: 9.30-11.00am

Start date: Tuesday 21st September

To book your place on this free course please contact the school office on 01588 672275 and leave your name and contact number.