

# Family Learning Courses

Family Learning Courses are **FREE**

All sessions are 40 minutes long.

Autumn 2020



Please book onto each course by searching for the course title:

**[www.worcestershire.gov.uk/courses](http://www.worcestershire.gov.uk/courses) or call 01905 843519**

**40 minute sessions on Tue 8pm or Wed 1.30pm starting 3rd Nov 6 weeks**



**Time for You Course** is free for parents and carers who are interested in having some time for them, following the lock-down and isolation period, this year.

**Art in Your Heart Course** uses art to help you work through stresses you might be facing and empower you to feel positive mental wellbeing.

## Art in your Heart

A short course for Parents and Carers to express yourself through art activities helping you cope through stress.



Wednesday evenings 8pm - 8.40pm starting on 4th November for 6 weeks Online

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## 'Thinking about Employment for Parents' Online Course

Are you a Parent or Carer?  
Thinking about returning to work?  
Not sure where to start?

Starting Monday 2nd Nov 8pm for 6 weeks

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**Thinking about Employment for Parents Free Course** - Not sure where to start or how to feel ready for this big step of change?

## Marvellous Me - After Lock down

Returning to the "norm" after lock down may feel different for some. This course offers mindfulness & positive well-being activities to parents and carers giving them some 'me time' with our friendly Family Learning Tutor in a group online.



Online Course Starting October 14th for 8 weeks

Every Wednesday 8pm - 8:40pm or Thursdays 1pm-1.40pm

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**Harvington School Parents: "It's [Marvellous Me] been really brilliant, successful and rewarding. This is our third course which we have been lucky enough to attend and they have all been fantastic."**

## Online Learning

Our friendly Family Learning courses are currently online using 'Zoom' on your mobile phone, ipad, tablet or laptop. Your tutor will ring you before your course starts to **help you get online** for your course and can support you to access Zoom, help you check that you can use it ok and offer you any help you need.



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