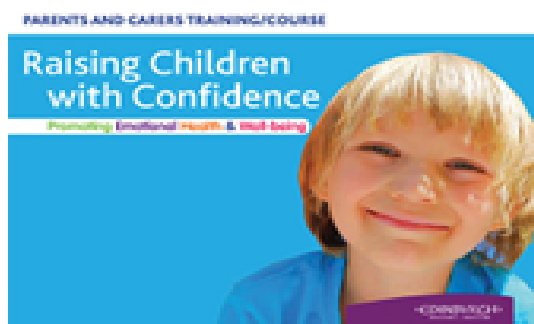


Promoting positive mental health and emotional well-being

Raising Children with Confidence Course



Thursdays

18 April – 7 June

12.30 to 2.30pm

Gate 55, 55 Sighthill Road, EH11 4PB

Free crèche available

This course aims to give parents and carers the chance to explore emotional well-being, and how to promote it in our children, and ourselves.

The course covers the following topics:

1. **Why Do Kids Do That?** (Looking inside children's brains)
2. **What's Love Got To Do With It?** (How relationships shape child development)
3. **Cotton Wool Kids?** (Helping children cope with the ups and downs of life)
4. **Staying Connected!** (Listening differently to understand better)
5. **What Makes Us, Us?** (How thoughts and feelings influence behaviour)
6. **Time Well Spent?** (How to fit it all in, in the 21st century)
7. **Looking back at what we've learned** (A celebration and certificates)

For more information or to book your place, please contact Helen or Sarah at

Gate 55

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