



# WELLBEING IN THE FAMILY

**A creative course, delivered digitally, designed to support the wellbeing of parents/carers and their families.**

An evening course of 8 free digital workshops for parents/carers offering support, creative activities and specialised information about family wellbeing in the context of the Covid-19 pandemic.

- Session 1 An introduction to the course
- Session 2 Social wellbeing
- Session 3 Physical wellbeing – with specialist guest tutors
- Session 4 Mental and emotional wellbeing
- Session 5 Household management and wellbeing – with specialist guest tutors
- Session 6 Educational wellbeing
- Session 7 Holistic wellbeing – with specialist guest tutors
- Session 8 Reflections and next steps

## How to get involved

This course is free and is for parents/carers of children aged 4–11 years old who are looking to build confidence in their ability to meet the challenges of parenting/caring, especially in the context of Covid-19. Places are by referral. Families can be referred by an organisation already working to support families in West Berkshire for example a school, doctor or family hub.

You can find more information and download a referral form at: [www.cornexchangenew.com/wellbeinginthefamily](http://www.cornexchangenew.com/wellbeinginthefamily)

For enquiries, contact [getinvolved@cornexchangenew.co.uk](mailto:getinvolved@cornexchangenew.co.uk)

Funded by the West Berkshire Community Education Fund, this course is run by one of the Corn Exchange's arts education specialists alongside guest tutors in nutrition, dance, yoga and first aid.

## Online via Zoom

Tue 20 April, 7.30pm – 8.30pm

Tue 27 April, 7.30pm – 9.30pm

Tue 4 May, 7.30pm – 9.30pm

Tue 11 May, 7.30pm – 9.30pm

Tue 18 May, 7.30pm – 9.30pm

Tue 25 May, 7.30pm – 9.30pm

## HALF TERM BREAK

Tue 8 June, 7.30pm – 9.30pm

Tue 15 June, 7.30pm – 8.30pm

The lead tutor will also be available for 30 minutes before each session for questions, advice and support.

**FREE**



**West  
Berkshire**  
COUNCIL