



# Buckinghamshire Family Learning

## Help Your Child Manage Their Well-being with these FREE Online Workshops\* Every Monday 6pm to 8pm

### Years 7, 8 & 9

- 11 March: **Help your child to manage their behaviours** ([FMWB099](#))

### Years 10 & 11

- 18 March: **Help your child to develop confidence and resilience** ([FMWB112](#))
- 25 March: **Help your child to develop positive friendships and manage peer pressure** ([FMWB113](#))

Also available . . . . .

### Everyday First Aid

- Tuesday 19 March at Berryfields Family Centre, 12pm to 2:30pm ([FMFA042](#))

### Thinking about Volunteering

- Tuesday, 26 March ONLINE, 9:30am to 11:30am ([FMVW018](#))

\* For parents and carers with a child in Years 7 to 11 at one of the following schools: Aylesbury UTC, Aylesbury Vale Academy, Beaconsfield School, Bourne End Academy, Buckingham School, Chiltern Hills Academy, Cottlesloe School, Cressex Community School, Highcrest Academy, John Colet School, Mandeville School, Princes Risborough School, Sir William Ramsay School, Stony Dean School, The Grange School, Thomas Freemantle School and Waddesdon CofE School



SCAN ME



SCAN the QR code, CLICK on the [course date link](#)  
or PHONE 01296 383582 with the course code (eg. FM.....)

For more information, text Kathryn  07770 641997