

# Family Learning 23-24



**FREE, fun and creatively-themed courses and workshops designed to help explore and promote positive wellbeing during busy family lives!\*\***

**01- Get Creative through art! Activities such as drawing, painting, sculpting, assembling, are relaxing and rewarding activities that can lower your stress levels and leave you feeling mentally clear and calm.**



**Lino Print (P/C)** – Designs cut in lino to create a variety of prints and stamps

**Batik (P/C)** – Working with wax resist and inks

**Clay (P/C)** – Creating 2d reliefs and 3d sculptures

**Silk painting (P/C)** – Painting on fine material to create delicate and transparent designs

**Mixed media (P/C)** – Creating a variety of designs using a range of different media and techniques such as papers, ink and stitch.

**Glass painting (P/C)** – creating colourful designs on transparent surfaces

**\*\* 'P' denotes parent only session, 'P/C' denotes parent and child session**

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**02- Get creative through writing! Boost your enjoyment and confidence in reading and writing. Writing creatively can be a therapeutic tool, as well as building a culture of reading for pleasure.**

**Creative Writing (P)** - Designed to build confidence to express yourself creatively in writing. Use this time and safe space to play with your words, explore the impact and meaning of writing creatively using taught techniques.

**Poetry for Wellbeing Workshop (P)** - Explore existing poems, and create poems of our own, in a safe taught space.

**Stress Busters (P)** - Understand good and bad stress, recognising symptoms and triggers of stress

**The Road to Resilience(P)** - Raise your awareness of resilience and learn how to identify, cope and manage pressure points in your life challenges that life presents us with.

**The Importance of Sleep Workshop (P)** - Equip yourself with tools and resources to improve your sleep habits.

**Introduction to Managing Anxiety (P)** - Examine the relationship between stress and anxiety, practicing a range of practical ideas and strategies to manage anxiety.

**Confidence and Wellbeing Course (P)** Explore and set personal goals around gaining confidence in the areas that are important to you, including recognising and managing stress and anxiety.

**Surviving the Modern World Course (P)** -Explore the 5 ways to wellbeing in 5 sessions in current context of family life.

**Reading Stories with your Child (P/C)**

**Sharing Stories (P/C)**

**Reading for Pleasure (P/C)**

**Creative Writing and Journaling for Wellbeing Course (P/C)** - Combine writing, telling our own story, and building confidence. Families make their own journal using bookmaking techniques and creative techniques to make a personal keepsake.



**03- Get creative through cooking - Planning, prepping, and exploring food combinations in a fun and practical way that benefits your family's health!**

**Cook and Taste Course (P/C)** -Learn how to make healthy affordable recipes and gain knowledge around 5 a day, food labelling and food safety. Involves practical preparation of the recipes with interactive food related activities for parents and children.

**Food and Mood Workshop (P)** - Identify how food can affect your mood. From ideas on healthy breakfast choices, identifying what is a portion of fruit and vegetables and looking at MINDs 8 tips on food and mood.

**Positive Emotional Wellbeing Workshop (P)**- Learn and discuss the 5 Ways to Wellbeing along with tips on how to get a better night sleep and relaxation techniques

**Healthier Packed Lunches Workshop (P)** - Explore ideas on how to make your child's lunch box healthier, tasty and affordable.

**5 a Day the Easy Way Workshop (P)** - Find out what exactly is a portion of fruit and vegetables and how easy it is to include it in your daily diet.

## Contact Us

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