



## Feel Good Families

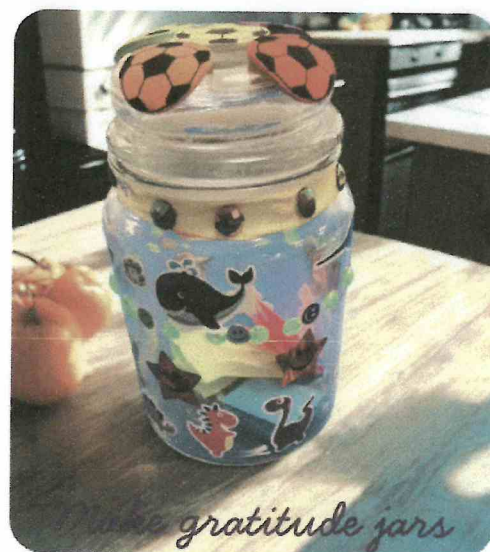
A free, eight week course to help you develop strategies to manage behaviour and communicate effectively with your children.

Rise Park  
Primary  
1pm - 3pm  
Wednesdays  
17<sup>th</sup> September -  
19<sup>th</sup> November

Home learning activities provided to encourage children to talk about their feelings and worries.

Learn strategies to help you and your children manage stress and well being.

Meet other people in a similar position and share strategies and ideas.



★ All parents, carers and family members welcome

★ Refreshments provided

You will discover:

- How to increase desirable behaviour.
- The importance of praise and positive reinforcement.
- How to manage behaviour.
- Problem solving skills.
- Five steps to emotional wellbeing.
- What stress is and coping strategies.

An approved delivery partner of Community & Family Learning



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