

FAMILY LEARNING

WITH LIFE EDUCATION CENTRE NOTTINGHAMSHIRE

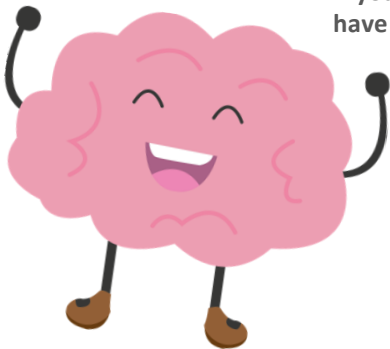
5 Steps to Mental Wellbeing



All mums, dad, grandparents, and carers are welcome!

Evidence suggests there are 5 steps we can all take to improve our Mental Wellbeing. During this workshop we will explore ways to improve your own, and your children's mental health by looking at these 5 things.

If you give them a try, you may feel happier, more positive and have the resilience to cope when times are tougher than usual.

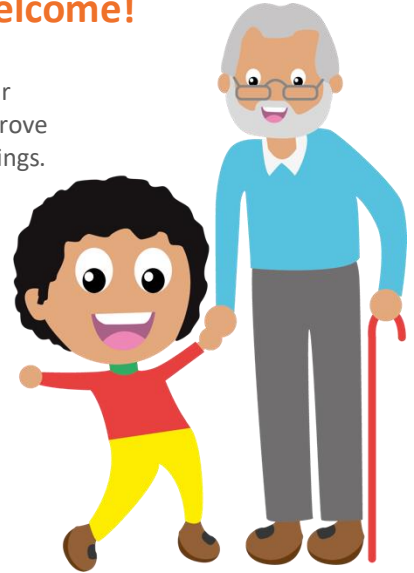


2 HOUR WORKSHOP

Date: June 15th

Time: 9-11am

Location: Rise Park Primary



CONNECT
with the people around you.

BEING ACTIVE
is good for your physical
and mental health.

LEARNING NEW SKILLS
can give you a sense of achievement
and a new confidence.

ACTS OF GIVING & KINDNESS
can help improve our wellbeing.

BE MINDFUL
of the present moment.

If you would like to come and join **5 Steps to Mental Wellbeing**, please return this completed form. Please provide us with your email so we can send you the workshop information.

Child's Name:	- INSERT NAME -
Child's Class:	- INSERT CLASS -
Parent/Carer Name:	- INSERT PARENT/CARER NAME -
Telephone:	- INSERT TELEPHONE -
Email:	- INSERT EMAIL -

Funded by:



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