

HAVERING ADULT COLLEGE

Supporting Families with Emotional Wellbeing

Develop an understanding of emotional wellbeing and mental health and learn strategies to support your child

*This **free** six-week course aims to give you an awareness of the challenges and strategies to support your child with their emotional wellbeing and mental health.*

You will learn what is meant by the terms emotional wellbeing and mental health and consider the definitions and causes. You will cover the signs of emotional wellbeing and how, without support, this could lead to mental health difficulties. You will explore common perceptions of mental health difficulties and their rights and also where appropriate support can be sought.



Course Details

Course Code	Course Title	Venue	Day	Start Date	Times
FLA214	Supporting Families with Emotional Wellbeing	Bower Park	Wed	08/01/2020	19:00 – 21:30
FLA215	Supporting Families with Emotional Wellbeing	Bower Park	Tue	25/02/2020	10:00 – 12:30
FLA216	Supporting Families with Emotional Wellbeing	Bower Park	Wed	29/04/2020	19:00 – 21:30

For more information about these and other courses please contact our Centre Support team on 01708 434955

Bower Park Centre, Havering Adult College, 472 Havering Road, Romford RM1 4HR

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www.haverlingadultcollege.co.uk

Havering Adult College 

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