



New course

CALL: 01225 770478

Friday 18 February 2022 10:00-12:00

(5 weeks x 2 hr sessions)



THIS IS AN ONLINE COURSE IS FOR ADULTS WHO WOULD LIKE TO DEVELOP THEIR SKILLS AND CONFIDENCE TO TAKE PRACTICAL STEPS TO SUPPORT THEIR WELLBEING.

WHAT WILL YOU LEARN?

- **Learn how the Five Ways to Wellbeing can help practically**
- **Explore the links between physical, mental and emotional wellbeing**
- **Develop skills in resilience and communication, as well as planning, time-management and organisation**
- **Discover healthy coping strategies for stressful times and experience a range of mindfulness techniques**
- **Learn how to reframe thoughts to feel more positive and boost self-confidence**

EMAIL:

FAMILYANDCOMMUNITYLEARNING@WILTSHIRE.GOV.UK

WEBSITE: WORKWILTSHIRE.CO.UK/FAMILY-LEARNING/

Courses are funded by the Education and Skills Funding Agency. Learners must be 19+, have been resident in the UK/EU for three+ years, a service family member, have a child with SEN, have less than 5 GCSEs A - C and/or be in receipt of benefits or be unemployed. If you feel you do not fit within the criteria, we may still be able to help so please call if you have any questions.