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**Promoting positive mental health and emotional well-being**

**Raising Children with Confidence**

**At Brunstane Primary School**

**Information Session 1st February 2017 @ 12.30pm**



**This 14 hour course aims to give parents and carers the chance to explore emotional well-being and how we can best promote it in ourselves and our children. Drawing on the latest findings and research it helps to explain why what you do makes a difference.**

**This course comprises of 7 weekly sessions**

**Wednesdays 12.30 – 2.30pm**

**8th Feb - 29th March 2017**

**at**

**Brunstane Primary School - Parents Room**

**and will cover the following topics:**

|  |
| --- |
| **Why Do Kids Do That? (Looking inside children’s brains)** |
| **What’s Love Got To Do With It? (How relationships shape child development)** |
| **Cotton Wool Kids? (Helping children cope with the ups and downs of life)** |
| **Staying Connected! (Listening differently to understand better)** |
| **What Makes Us, Us? (How thoughts and feelings influence behaviour)** |
| **21st Century Childhood (Helping children flourish in today’s busy world)** |

**For more information please contact Lorna Hoy**

**East Community Learning & Development: 0131 661 6834**

**or the school office**

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