

# Family Learning Wellbeing

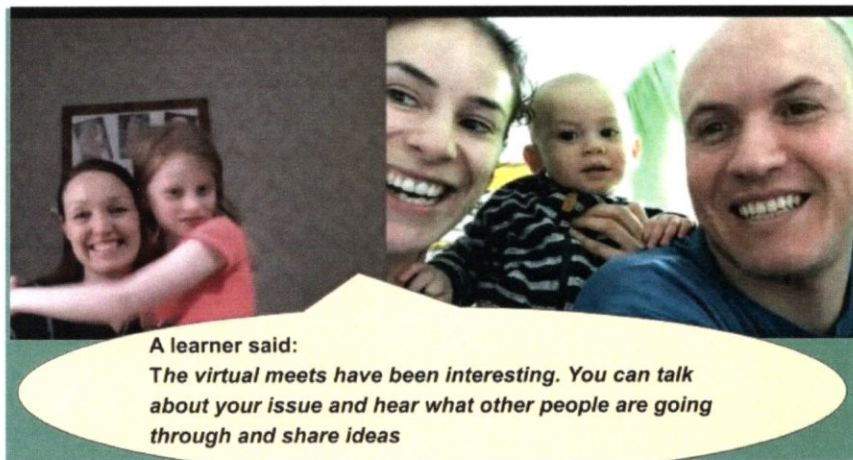
## Free Online courses happening now

### Confidence Building:

This course will help you to understand what confidence and self-esteem mean and how you can improve your own and your children's self-image. You will also get a chance to explore how to deal with fear when facing new challenges.

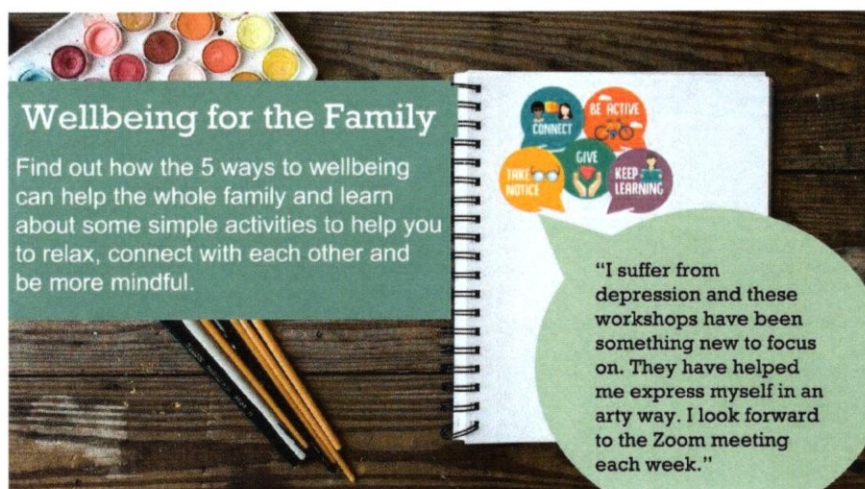
### Stress Management:

This course will help you to understand what we mean by stress and how you can deal with stress and anger. You will get a chance to learn some useful techniques such as relaxation and mindfulness.



### Family Wellbeing:

This family friendly course will help you to find ways to improve your health and wellbeing. We will explore ways to relax and use some meditation techniques. Each week we look at one of the 5 ways to wellbeing, such as take notice, connect, be active, give and keep learning to do some photography, art and exercise.



Visit our website to sign up for a course  
<https://manadulted.org.uk/courses/families/>

Choose which course you would like to join and a tutor will be in contact with you.