

## YOUTH A FREE, FIVE-WEEK COURSE FOR PARENTS AND CARERS

Youth Connect 5 gives you the knowledge, skills and understanding to help your children develop strong emotional wellbeing.

You'll learn about resilience techniques that will strengthen your child's ability to deal with adversity, threats or even significant sources of stress - skills that will remain with them into adulthood.

As parents, we can't always control life's situations, but being able to handle these challenges comes from having strong skills of resilience we like to think of it as being able to bounce back when life gets tough.

For parents of children aged 8-11 years who attend a school in the Central Oldham District

**Where:** Beever Family Hub, Moorby Street, Oldham OL1 3QU **When:** Every Friday for 5 weeks from 3<sup>rd</sup> November to 1<sup>st</sup> December 2023 - 9.30am -11.30am

For more information or to book a place on the course email <u>parentsupporthub@oldham.gov.uk</u> and a referral form will be sent to you.

## Family Hubs

www.YouthConnect5.org.uk



Developed from the original Connect 5 programme led by Stockport Council and further adapted and delivered by Merseyside Youth Association, Youth Connect 5 is commissioned by Champs Public Health Collaborative and funded through Health Education England.