



YOUTH CONNECT 5 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 8-11years 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 3rd November to 1st December 2023 - 9.30am -11.30am

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

Family Hubs

www.YouthConnect5.org.uk