Life after lock down - Bounce Back

- A 6 week course
- Chat about how lockdown was for them and their families
- Look at ways to support parents to manage anxieties
- Develop simple strategies to their support emotional and mental wellbeing
- A mixture of creative activities and healthy lifestyle options leading to a more guided pathway.
- Discuss a pathway and decide what can help them in the short and long-term to think about themselves, their children's education and their families health.

All courses and workshops are FREE

FAMILY LEARNING ...at a glance

Creative Families	Creative Crafts Jewellery/papercraft/ floristry/cake art and more (6wks)				
Family English	Survival English Part 1 and Part 2 (Two x 6 wks. courses)	Empowering English Part 1 and Part 2 (Two 6 wks. courses)	Pre Entry Bridging course (6wk)	BKSB workshop (2hrs)	
Digital Families	Introduction to Digital Families (6 wks.)	Digital Skills – Beginners (6wks)	Digital skills – Improvers Part 1 & Part 2 (2x 6wk)		
Healthy Lifestyles	Kids on Track workshop (2hrs)	Waste not, want not (6 wks.)	Healthy eating (6 wks.)	Sow and Grow (6 wks.)	Movers and Shakers (6 wks.)
Keeping up with the children	Smart Spenders workshop (2hrs)	Magic Maths Part 1 and Part 2 (Two 6wk courses)	Story telling (6wks.)	Phonics Play Part 1 and Part 2 (Two 6wk courses)	BKSB workshop (2hrs)
Early Years Happier parenting	Time to Talk (6 wks.)	Is my child school ready (6 wks.)	Learning through play (6 wks.)	Pro-active Parenting Part 1 (6 wks.)	Pro-active Parenting Part 2 (6 wks.)
Parent Ambassador	Becoming a Parent Ambassador NOCN Lv2 (12weeks)				

To get more information about your chosen pathway speak to Naz on 07592 586240 or email shahn@baes.ac.uk