



# WELLBEING IN THE FAMILY

A creative, practical course designed to support the wellbeing of parents/carers and their families

An evening course of 8 free creative workshops for parents/carers offering support, activities and specialised information about family mental health and wellbeing.

- Session 1 An introduction to the course
- Session 2 Social wellbeing
- Session 3 Physical wellbeing – with specialist guest tutors
- Session 4 Mental and emotional wellbeing
- Session 5 Household management and wellbeing – with specialist guest tutors
- Session 6 Educational wellbeing
- Session 7 Holistic wellbeing – with specialist guest tutors
- Session 8 Reflections and next steps

## How to get involved

This course is free and is for parents/carers of children aged 4–11 years old who are looking to build confidence in their ability to meet the challenges of parenting/caring.

Families can be referred by any organisation working to support families in West Berkshire. Referrals can be made by completing the referral form downloadable from the Corn Exchange website. Please note that childcare and transport bursaries are available.

You can find more information and download a referral form at: [www.cornexchangenew.com/wellbeinginthefamily](http://www.cornexchangenew.com/wellbeinginthefamily)

For enquiries, contact [getinvolved@cornexchangenew.co.uk](mailto:getinvolved@cornexchangenew.co.uk)

Funded by the West Berkshire Community Education Fund, this course is run by one of the Corn Exchange's arts education specialists alongside guest tutors in nutrition, finance, yoga and first aid.

Learning Centre,  
Market Place, RG14 5BD

Tue 28 Sep, 7.30pm – 8.30pm

Tue 5 Oct, 7.30pm – 9.30pm

Tue 12 Oct, 7.30pm – 9.30pm

Tue 19 Oct, 7.30pm – 9.30pm

HALF TERM BREAK

Tue 2 Nov, 7.30pm – 9.30pm

Tue 9 Nov, 7.30pm – 9.30pm

Tue 16 Nov, 7.30pm – 9.30pm

Tue 23 Nov, 7.30pm – 8.30pm

The lead tutor will also be available for 30 minutes before each session for questions, advice and support.

FREE



West  
Berkshire  
COUNCIL