



WELLBEING IN THE FAMILY

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

Please book in advance by completing a referral form
www.cornexchangenew.com/wellbeinginthefamily

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.

 **CORN
EXCHANGE
NEWBURY**


**West
Berkshire**
C O U N C I L

**Tue 28 Sep - Tue 23 Nov
7.30pm - 9.30pm**

Learning Centre, Market Place, Newbury