



# The Positive Family

*nurturing emotional  
wellbeing and resilience*

All are welcome. Please come along and learn practical strategies to build resilience and emotional wellbeing in your family

**Thursday, 7<sup>th</sup> June, 5.30 – 6.30pm at Wade Deacon**

*Contact Mrs Bairstow if you have any questions or to register your interest*

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With the prevalence of mental ill health among our population, parents have asked for this workshop to support the positive mental health of their children.

Parents who have attended similar sessions have praised how helpful they were. We hope you can join us!

