



## Youth Connect 5 is a FREE 5 week course for parents and carers

### As parents we can't always control life's situations

Youth Connect 5 gives you:

- The knowledge skills and understanding to help your children develop strong emotional wellbeing
- You will learn techniques to strengthen your child's ability to deal with stress and adversity in life- these skills will stay with them into adulthood
- Skills of resilience-being able to handle challenges-being able to bounce back when life gets tough

This 5 week course will be delivered by Knowsley Family Learning

The course will be delivered via zoom. Choose the session which suits you best and contact the relevant tutor to book a place.

Tuesday	1-2pm	Start date 18 <sup>th</sup> January 2022	Tutor Sharon Fitzgerald
Wednesday	10-11am	Start date 19 <sup>th</sup> January 2022	Tutor Ann Curley
Thursday	10-11am	Start date 20 <sup>th</sup> January 2022	Tutor Vicky Powell

Email [sharon.fitzgerald@knowsley.gov.uk](mailto:sharon.fitzgerald@knowsley.gov.uk) or ring Sharon on 07825117499

Email [Victoria.powell@knowsley.gov.uk](mailto:Victoria.powell@knowsley.gov.uk) or ring Vicky on 07825117487

Email [Ann.curley@knowsley.gov.uk](mailto:Ann.curley@knowsley.gov.uk) or ring Ann on 07825117482

We are also offering a one off workshop 'Understanding Your Teenager's Brain', delivered via zoom, on Monday 10<sup>th</sup> January 1-2pm or Thursday 13<sup>th</sup> January 10-11am. Contact Sharon Fitzgerald to book a place.