

Family Learning

New course for parents and carers
at St Andrew's CEVA Primary School, Ecton Brook Rd, Ecton
Brook, Northampton NN3 5EN

**Thursday 7th November 2019 to
Thursday 5th December 2019 (5 sessions)**

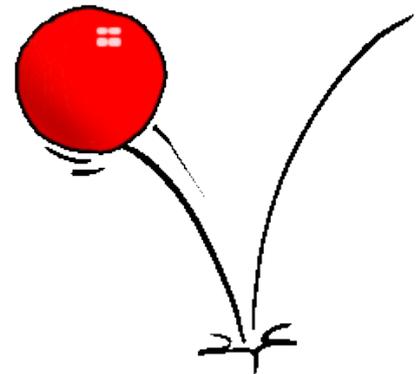
1.00pm – 3.00pm

Resilient Families

Families can face many challenges. Resilient families are able to 'bounce back' and move forward positively.

Come along and discover ways to make your family more resilient. The course will cover:

- **What is resilience?**
- **How the brain reacts under stress**
- **The link between self-esteem and resilience**
- **Physical health and resilience**
- **Lots of practical information, advice and ideas to help build resilience in yourself and your family**



**Contact Florette Francis (Family Support Worker) on
01604 406486 to book your place.**