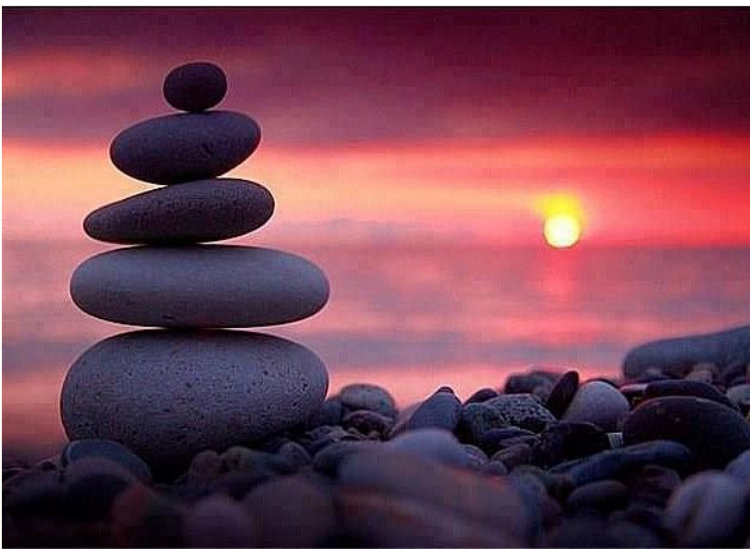


Be inspired to learn...

****FREE tuition for Mums, Dads, Carers & Grandparents with children aged 0 up to 5 years**

Opening Doors with Confidence (VIRTUAL) (Creating Confidence through Mindfulness)

This is a VIRTUAL Family Learning course for parents with children aged 0-5



6 week course running 9:45-11:45am on ZOOM, starts Thursday 25th Feb and concludes Thursday 1st April.

COURSE DELIVERED THROUGH ZOOM

This course will provide a non-judgmental, supportive environment for you to explore ways to communicate with your family.

On this course, you will learn:

- The importance of self-esteem
- How to challenge limiting beliefs
- Mindfulness to boost confidence
- How to become more assertive
- Stress reduction techniques

To express an interest or for further information please call Rushcliffe Children's Centre on 0115 977 3749. (Access to ZOOM support available)

Visit www.inspireculture.org.uk/learning to find out what is happening near you!

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