



01225 770478

**Online
Confidence and Wellbeing Courses
April 2022**

April		Time
Friday 8	Manage Worries Positively Explore the meaning of anxiety and worry and how they affect the body, behaviour, emotions and thoughts. Discover ways to manage worries.	10:00-12:00 1 session
Tuesday 26	Positive Futures Feel more confident in your daily life, use techniques like mindfulness to achieve positive mental health and gain a clearer understanding of the links between mental, emotional and physical health.	10:00-12:00 5 weekly sessions
Thursday 28	Wellbeing Understand the links between physical, mental and emotional wellbeing. Develop resilience skills in times of crises and learn techniques to improve mental wellbeing and positive thinking.	10:00-12:00 5 weekly sessions

Please check <https://workwiltshire.co.uk/family-learning> for details about courses. Courses are funded by the Education and Skills Funding Agency. Courses are no cost to you if you are 19+, have been a resident in UK/EU for 3+years, have less than 5 GCSEs grades A-C, in receipt of benefits, a service family or you may have other issues that joining a course could help you with. You might be stuck in a rut or going through a challenging time? We want to hear from people who are unsure about if they can join, we are always happy to talk things through.

Please call us 01225 770478, leave a message or send the team an email to familyandcommunitylearning@wiltshire.gov.uk and we will get back to you.



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