

# PARENTING COURSES

THE EMOTIONAL HEALTH ACADEMY IS RUNNING A NUMBER OF SESSIONS TO HELP YOU SUPPORT YOUR CHILD OR YOUNG PERSON

## ANXIETY

Weds 10th February  
5.30pm, via Zoom



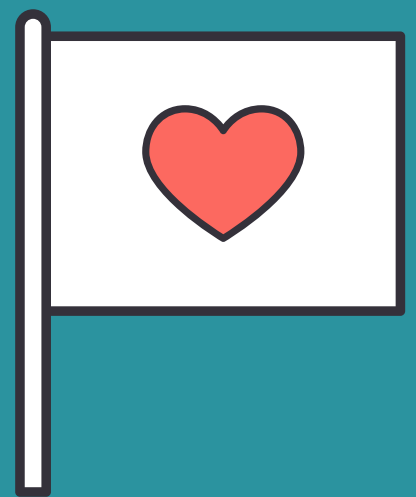
## RESILIENCE



Weds 17th February  
5.30pm , via Zoom

## POSITIVE BEHAVIOUR

Weds 24th February  
5.30pm, via Zoom



**TICKETS £5 FOR EACH SESSION**

**BOOK YOUR PLACE**

**[HTTPS://BOOKING.WESTBERKS.GOV.UK](https://booking.westberks.gov.uk)**

**FOR MORE INFO SEE**

**[WWW. WESTBERKS.GOV.UK/EHA](http://www.westberks.gov.uk/EHA)**