



# Luton Adult Learning working in partnership with Windmill Hill School



## Managing your own and your family's wellbeing

In this free 5 week course you will learn about different strategies to support your and your family look after your mental health and wellbeing. You will also get the opportunity to explore different ways to make and use some 'me' time.



**Come and find out more about this course, meet the teacher and enrol on Friday 9 September at 9am**

**Course starts: Friday 16 September**

**Course ends: Friday 14 October**

**Times: 9am to 11am**

***This course is free\****

\*subject to presentation of ID at the first session to prove eligibility. For more details please visit our website

<https://www.lutonacl.ac.uk/learn-with-us/family-learning.html>

**Please return the slip below to your Family Worker**

✂ .....

I am interested in the course and will be attending on:

**Friday 9 September at 9am**

My name .....

My contact number .....

My child's name and class .....

