



Venue: **John Muir House** (Meet and Sign-in at Reception).

Date: **Monday** mornings from **30th Apr – 18th June***. *No group on 7th or 21st May* - hols

Time: **9:45-11:45 am**

To Book call 01620 827481 or ✉ supportfromthestart@eastlothian.gov.uk

Free course for parents and carers with Jo and Joyce.

Raising Children with Confidence

Have you wondered what makes children tick and how you can support your children to be confident and resilient? Then ***Raising Children with Confidence*** is for you! Raising Children with Confidence (RCWC) focuses on promotion of positive mental health and emotional well-being.

Why would I want to go?

Raising Children with Confidence is a 12 hour course with 6 x 2 hour sessions. Friendly, welcoming, very popular and informal. (We've all loved it).

What will I learn in Raising Children with Confidence?

It covers different topics like...

Emotional health and well-being - what is it and why is it important?

Looking inside children's brains - understanding why they do what they do?

Helping children to cope with the ups and downs of life

Listening differently to understand better

Making links between our thoughts, feelings and behaviour

Helping children to flourish in today's busy world

With 98% of parents stating RCWC is valuable and they would recommend to a friend, you can be sure that this is the course for you!

If the timings aren't right for you, or to book a place, please get in touch with supportfromthestart@eastlothian.gov.uk and note your interest, we may be able to let you know of another course happening nearby or add your name to database for next local RCWC course.