



Supporting the emotional wellbeing of young people

## A FREE, FIVE-WEEK COURSE

**For Parents and Carers in Derbyshire**

Youth Connect 5 gives you the knowledge, skills and understanding to help your children develop strong emotional wellbeing.

You'll learn about resilience techniques that will strengthen your child's ability to deal with adversity, threats or even significant sources of stress - skills that will remain with them into adulthood.

As parents, we can't always control life's situations, but being able to handle these challenges comes from having strong skills of resilience - we like to think of it as being able to bounce back when life gets tough.

**For more information visit**

**<https://youthconnect5.org.uk/>**

**This course will take place remotely on Tuesdays 1-3**

**To book a place email:**

**[amy.williams@ladymanners.derbyshire.sch.uk](mailto:amy.williams@ladymanners.derbyshire.sch.uk)**

**Timings and joining information will be sent on booking confirmation.**

**Course will begin 06/10/2020**



YOUTHCONNECT5



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Developed from the original Connect 5 programme led by Stockport Council and further adapted and delivered by Merseyside Youth Association, Youth Connect 5 is commissioned by Champs Public Health Collaborative and funded through Health Education England.