

# GoLearn!

Leicestershire Adult Learning Service



## Family Learning

Free  
course

### Building your child's Resilience

A **free, 5-week online** course for parents/carers.  
(Adults only)



During the 5 sessions you will gain confidence to support your children's social and emotional needs to help them build **resilience**.

You will explore:

- Recognising, expressing and managing emotions
- Building self-esteem and confidence
- Recognising how mindfulness, exercise and being outdoors can help the development of **resilience**
- Discover different ways to support your child with ideas for engaging, practical home activities

#### Course Dates and Times:

5 weeks starting  
Wednesday  
17th September  
2025  
6:30 to 8:00pm

Course Code:  
**25SN105P**

Use the **FREE**phone number or website below to enrol quoting the course code.

The tutor will contact you once you have enrolled with further information about the course.



[www.GoLearnLeicestershire.ac.uk](http://www.GoLearnLeicestershire.ac.uk)

Call **FREE**phone 0800 988 0308

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