

FAMILY LEARNING

Family Wellbeing

Over 8 weeks, you will engage with other families, sharing ways in which you can support your family's mental health and wellbeing, through a range of practical and classroom activities.

This course is open to parents/carers/family members aged 19+, with a child/ren at Broadway Junior School.

Course details -

Start: 5th February 2025

Day: Wednesday

Time: 1:30-3:30pm

For more information or to register your interest, please contact the school reception or email:

Charlotte.blake@foundationoflight.co.uk



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THE WORLD AT YOUR FEET



Durham
County Council

Sunderland
City Council

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