



THE FAMILY WELLBEING PROGRAMME

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Free webinars

6TH - 13TH JULY 2020

The Family Wellbeing Programme is an exciting and timely new initiative devised by outdoor learning and wellbeing specialists, Wild for Life, aimed at parents, grandparents and primary carers of children aged 4-12 years old.

Wild for Life, in partnership with Frosts and with support from Greensand Country, will deliver three sets of three 1hr long webinars for parents, grandparents and primary carers in July, which will focus on how to manage the wellbeing of their children, with a particular focus on the detrimental effects of lockdown. The **FREE** webinars will demonstrate how outdoor environments and activities can be a catalyst for better mental and physical wellbeing.

The Family Wellbeing Programme series will take place over three days, with activities to complete in between sessions, and will cover:

- ✦ How to assess your own wellbeing.
- ✦ How to assess, understand and improve your children's wellbeing.
- ✦ Outdoor and nature-led activities to try with your children to help them understand and reflect on their thoughts and feelings.
- ✦ How and when to seek help.

Lockdown has had a huge impact on wellbeing: for some it has been a positive experience, but for others it has been a complex juggling act, a strain on finances and relationships and period of uncertainty, stress and frustration. Children will be greatly unsettled by this period as they have had their regular routines turned upside down and, often, they struggle to process and express their thoughts and emotions. The free webinars will equip parents and carers with the tools they need to assess and improve the wellbeing of their families in order to move forward out of lockdown positively. They will also encourage and inspire families to explore, discover and reap the benefits of spending quality time outdoors in gardens and local natural landscapes.

Sign up Today!

BOOKING INFORMATION

PART ONE

Mon, 6 July 2020
10am, 1.30pm, or 7.30pm

PART TWO

Thurs, 9 July 2020
10am, 1.30pm, or 7.30pm

PART THREE

Mon, 13 July 2020
10am, 1.30pm, or 7.30pm

To find out more information about the programme or to book your place, please visit the booking page:

w4familywellbeing.eventbrite.co.uk
or email info@wildforlife.co.uk

