

Family Learning

Cornwall Adult Education Service



Nurture Me, Nurture My Family

A short workshop for parents and carers

Aim: To explore how positive communication, emotional resilience and stress management techniques can promote well-being at home.

Tuesday 12th February 9:15-11:45am
at St Mary's C of E School, Penzance

"You've given me
the chance to focus
on myself."

"I've found my own ways
to nurture my well-being
by being given suitable
tools."

To sign up for this workshop, please contact Vicki on
07968 992495 or vicki.salvidge@cornwall-acl.ac.uk

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