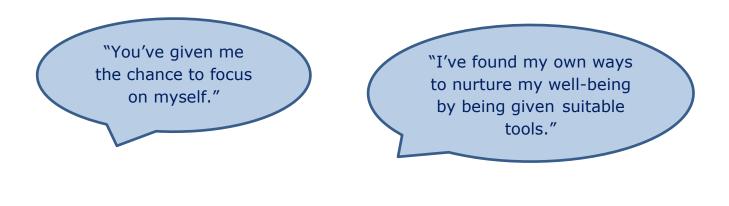
## Family Learning

Cornwall Adult Education Service



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

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



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

Find us on f





