







# Happier and Calmer: Wellbeing at Home

A \*free online course for parents

We will be guiding you through the latest science on how to build a happier and calmer home

-  Find ways to settle yourself in these uncertain times
-  Discuss ways to make your family calmer
-  Get tips to make you feel happier
-  Develop yoga and mindfulness skills

**A 6 week course running on Wednesdays  
starting on 24<sup>th</sup> February  
9.30 - 11.00am**

The course is being delivered via Zoom. You can access this through your smartphone, tablet or computer. We can help you to use it.

To book a place, please email [fay.tucker@gloucestershire.gov.uk](mailto:fay.tucker@gloucestershire.gov.uk)

\* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,000 per year; Qualified below a Level 2 ( less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability