

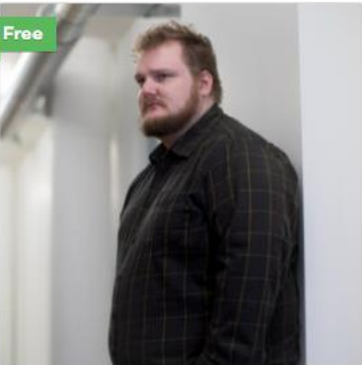
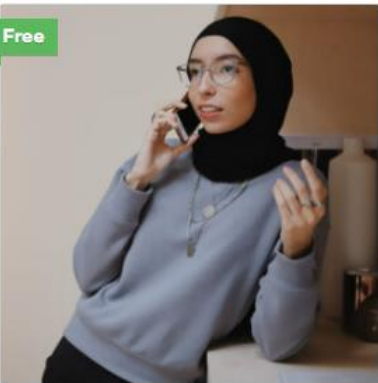


MIND in West Essex are offering online courses to support families and their children

Please follow the link below to find out more- Most courses are free. Some courses there is a cost for, if you need help to pay for the course please contact Ms Quinn at the school office.

<https://mentalhealthtraining.org.uk/individual-elearning/>

<div>Free</div> <div></div> <div>5 Ways to Wellbeing ★★★★★ (1)</div> <div>Research has shown that making changes to these five areas of your life can improve your mental health and wellbeing.</div>	<div>£15</div> <div></div> <div>Early Years Parenting ★★★★★ (1)</div> <div>Learn what affects child development, the role parents can play, and consider your ideals of raising a child. CPD Certified.</div>
<div>Free</div> <div></div> <div>Intro to Grief ★★★★★ (2)</div> <div>We all experience grief at some point in our lives. Learn the impact of grief on our mental health, and how to help.</div>	<div>Free</div> <div></div> <div>Intro to Mental Health</div> <div>1 in 4 people will experience mental health problems. Learn about common mental illnesses, and what you can do to help.</div>