



Building
stronger
families

LifeSkills

Life Skills is about giving you the knowledge and confidence you need to succeed in work and life.

We will be putting on a series of **FREE** workshops aimed at supporting you to reach your goals, focus on your individual strengths and needs, and feel empowered! These are open to parents, families, and carers with activities for children too and will be delivered in your local Children's Centres!

Session One - October:

- Budgeting
- How to save more money
- Looking at cooking with slow cookers
- ***With a special giveaway!***
- Halloween themed arts and crafts

Session Two - November:

- Understanding the learning style that suits you best
- Soup recipes and ingredients given out
- Winter Wonderland arts and crafts

Session Three - December:

- Becoming confident with your communication skills
- Christmas snacks to eat together
- Make Christmas gifts and special messages

Session Four - January:

- Overcoming Setbacks
- Food and Mood Booklet, ingredients, recipes
- Way to wellbeing - Overcome the January blues
- Paint your own Positivity Pebbles

Session Five - February:

- Understanding your Zones of Control
- Cookalong Booklet
- Valentines messages and activities



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