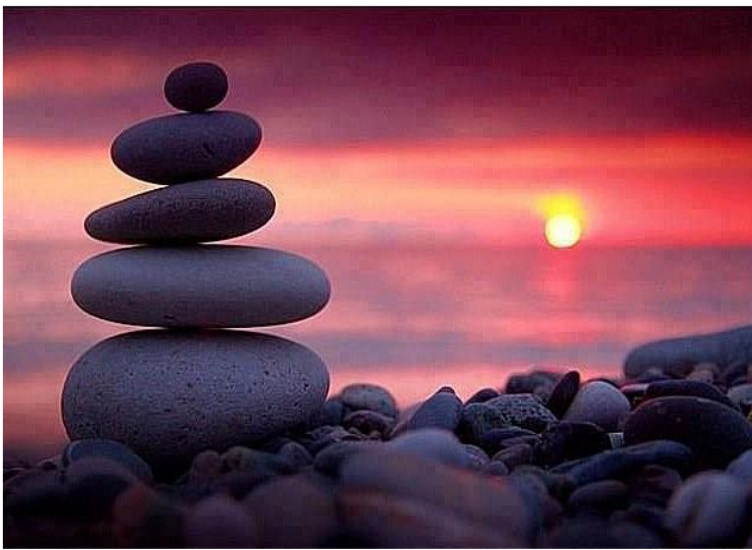


# Be inspired to learn...

**\*\*FREE tuition for Mums, Dads, Carers & Grandparents with children aged 0 up to 5 years**

## **Creating Confidence through Mindfulness (Opening Doors with Confidence - VIRTUAL)**

This is a VIRTUAL Family Learning course for parents with children aged 0-5



**6 week course running 10-11:30am  
on ZOOM, starts Thursday 10th June  
and concludes Thursday 15th July.**

### **COURSE DELIVERED THROUGH ZOOM**

This course will provide a non-judgmental, supportive environment for you to explore ways to communicate with your family.

On this course, you will learn:

- The importance of self-esteem
- How to challenge limiting beliefs
- Mindfulness to boost confidence
- How to become more assertive
- Stress reduction techniques

**To express an interest or for further information please contact  
Rushcliffe Children's Centre at [cc.rushcliffe@nottsc.gov.uk](mailto:cc.rushcliffe@nottsc.gov.uk) or call  
0115 977 3749. (Access to ZOOM support available)**

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