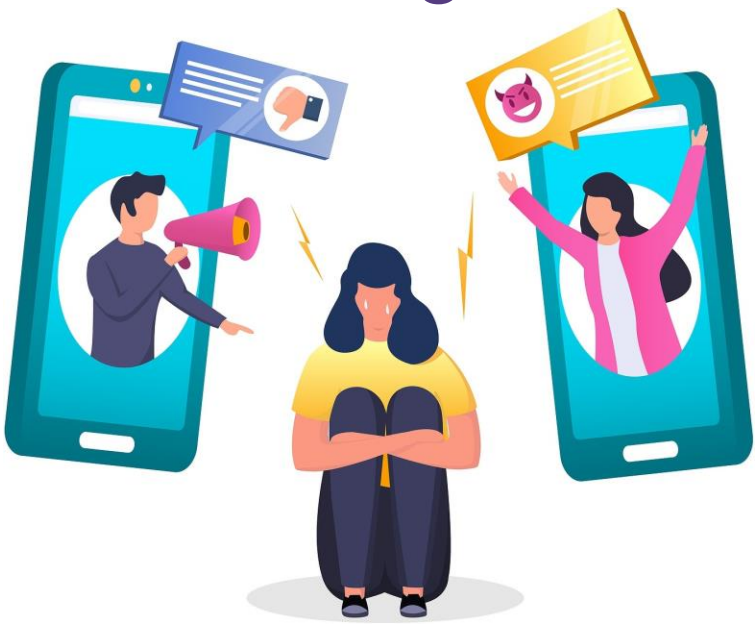
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Raising Resilient Children
Taverham High School



Want to help your teenager cope better with challenge, frustration and setbacks? NCC Family Learning are delighted to be coming to Taverham High School to run a 5-week workshop packed with practical, real-life strategies to support young people with confidence, resilience and motivation: whether in school, with friendships, or beyond.

The workshops offer a relaxed, judgement-free space to meet other parents, share experiences and explore what helps teenagers manage pressure and keep going when things feel tough.

Sign up by scanning the QR and using the PIN FL001.

Wednesday mornings - 9am to 11am - Taverham High School Nov 4th - Developing Self-Esteem

Nov 11th - Healthy Habits

Nov 18th - Social Circles

Nov 25th - Positive Language

Dec 2nd - School

** Free Family Museum voucher if you attend 2+ sessions**

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