

# Support Your Child's Emotional Well Being Transitioning from Primary to High School



## **YOUTH CONNECT 5** A FREE, FIVE-WEEK COURSE FOR PARENTS AND CARERS

Youth Connect 5 gives you the knowledge, skills and understanding to help your children develop strong emotional wellbeing.

You'll learn about resilience techniques that will strengthen your child's ability to deal with adversity, threats or even significant sources of stress - skills that will remain with them into adulthood.

As parents, we can't always control life's situations, but being able to handle these challenges comes from having strong skills of resilience - we like to think of it as being able to bounce back when life gets tough.

### **Primary to High School Transition Course**

Focusing on the emotional wellbeing and mental health of your child as they move to high school.

Understanding emotions and building resilience.

Preparing parents to support their child at this crucial time and transition.

To register your interest email [Earlyhelpdevelopmentteam@wigan.gov.uk](mailto:Earlyhelpdevelopmentteam@wigan.gov.uk)