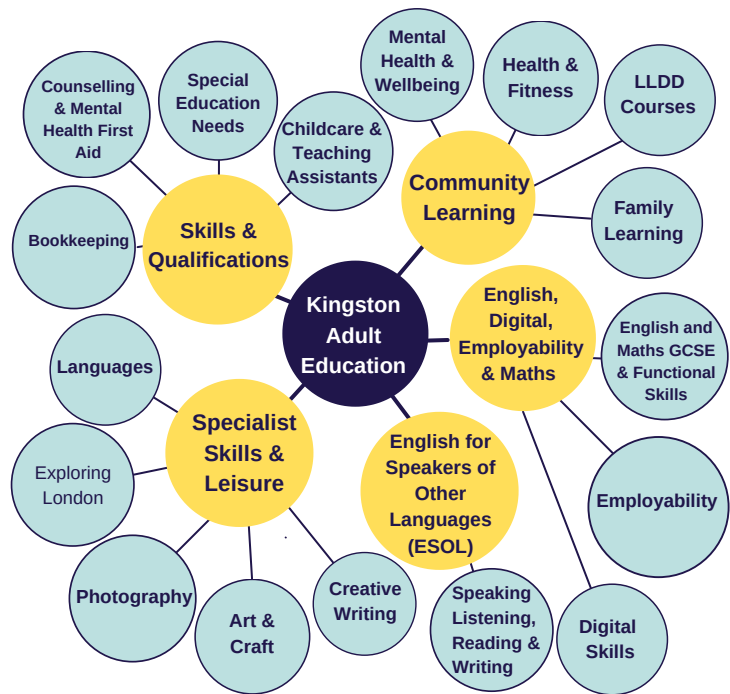


If you would like financial support to attend any of our wellbeing courses (either partly or fully subsidised), please indicate this when registering your interest on the enrolment form.

This is just a snapshot of our Community Learning and Family Learning courses. For details of dates and times for wellbeing courses and/or to be placed on the Mailing List to receive regular copies of our Community Learning Newsletter, please email: communitylearningkae@kingston.gov.uk or ring: 020 8547 6732

Other courses we offer at **Kingston Adult Education** include:



To find out more and enrol of any of our courses go to:
www.kingston.gov.uk/adults-education

KAE FULL PROSPECTUS 2022-2023

available via this link:
<https://bit.ly/KAE-Ppts2223v1>

Find us on social media:



@AdultEdKingston



@KingstonAdultEducation

EMAIL:
adult.education@kingston.gov.uk

TELEPHONE:
020 8547 6700

WEBSITE:
www.kingston.gov.uk/adults-education

or use QR code below



Mental Wellbeing Courses



KINGSTON ADULT EDUCATION



RELAXATION & MEDITATION

An hour of bliss every week! Boost your happiness with an online 6-week meditation programme that helps you relax and takes away the stresses and strains of the day. You'll learn useful techniques, including mindfulness, that you can try out in your daily routine.



PRACTICAL IDEAS FOR HAPPIER LIVING

Would you like to deal with everyday stress better? This informal and friendly 6-week course gives practical ideas and tips, based on the latest scientific research to increase resilience, improve wellbeing and manage stress and anxiety levels better. Designed with the charity Action for Happiness, which has over 275,000 members worldwide and whose patron is the Dalai Lama.

MANAGE YOUR MENOPAUSE

If you would like to improve your understanding of what lifestyle changes you can make to help you manage your menopause, this 4-week course is for you. You'll increase your confidence in speaking out to the people in your life about what support you need from them during this time.



SUPPORT YOUR CHILD'S MENTAL HEALTH

We run a number of Family Learning courses to help you work out the best way to help you and your child improve their emotional wellbeing and enjoy life more:-

- Develop resilience and reduce anxiety in your child
- Help your child to be a good friend
- Support your child through exam Stress

MANAGING STRESS & ANXIETY

Use techniques and tips to learn useful ways to manage stress and anxiety effectively to help keep you relaxed on this 3-week course.



SKILLS TO HELP MANAGE YOUR EMOTIONS

A 5 week course that explores how to regulate your emotions using a variety of practical techniques and exercises which will enable you to understand how to feel calmer and more in control of your reactions. You will learn how to incorporate self-care into your daily life, to be compassionate with yourself and reduce stress and anxiety in the process.