

ONLINE FAMILY WELLBEING WORKSHOPS FOR SERVING PERSONNEL AND THEIR PARTNERS



SUPPORTING MY KIDS WITH THEIR WELLBEING FRIDAY 26 NOVEMBER 2021 10AM – 12NOON

Growing up in the RAF can be exciting, exhilarating and enriching however, it can also present challenges and difficulties that can leave families feeling stressed, uncertain, and worried.

By attending this interactive and practical workshop you will:

- Increase your awareness of understanding your children's well-being needs
- Reflect on listening and communicating needs (yours and your children's)
- Learn ways to support your children/young person when they are finding life difficult.

Please apply by Friday 19 November as places are limited. The workshop is free for serving RAF personnel & their partners and requires internet access as it will be delivered via Zoom. For more information visit: **rafbf.org/familywellbeingworkshops**