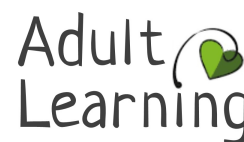


Adult Learning - Course Information Sheet



AZY2EA02 - Family Resilience

Virtual Classroom - Google Classroom
classroom.google.com

Start Date: 10 November 2020
End Date: 08 December 2020
Start Time: 6:30PM
End Time: 8:00PM
Day: Tuesday
Sessions: 5
Tutor: Mrs Janet Ellison

Room Class Code: d22bpol

Course Description

Find out about resilience and look at some ways to strengthen your own family's resilience to cope with life's challenges.

Course Outcomes

Understand the meaning of resilience.
Identify family strategies to build resilience.
Explain how self-esteem and self-confidence help to build resilience.
To gain new skills, knowledge and confidence in a positive learning environment.

How will the course be taught?

The course will be taught using Google Classroom and Google Meet. There will be presentations, short online tasks and lots of discussion.

What do I need to bring?

In addition to your laptop or tablet to access Google Classroom and Google Meet a notebook and pen may also be useful.

Further support or progression

<https://www3.northamptonshire.gov.uk/councilservices/children-families-education/adult-learning/community-learning/Pages/learn2b.aspx> - Learn2b offer free courses to support mental health. Family Learning offers a wide range of courses to support learning within your family. Your tutor will give you more information. Information and advice on further learning and progression will be available during the course.

Health and Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Further Information

Following the session you will receive an email containing useful links.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

Adult Learning Service
Support Service Team
Email - AdultLearning@northamptonshire.gov.uk



**Northamptonshire
County Council**