

# ADULT COMMUNITY LEARNING

ALL COURSES ARE FOR ADULTS 19+



For further information or to book a place on this course\* please contact: [info@thecrossley.co.uk](mailto:info@thecrossley.co.uk)  
or phone 01983 861164

## Are you or your children **feeling stressed?**

Join our zoom class

# 90 minutes to family calm

How our brains work

Strategies to manage stress in the family

Practical ideas to try at home with your children



Tuesday

24th November

either 10:00-11:30

or 6pm-7:30



calm, confident kids in chaotic times

\* Booking required before Monday  
23rd November to secure a place.