

RAISING WELLBEING WARRIORS



A digital creative course to support the wellbeing of parents / carers and their families.

Do you want to raise a Wellbeing Warrior? Wellbeing Warriors are children who know how to support and improve their own mental health and wellbeing.

The Corn Exchange is launching a course of six free digital workshops for parents/carers this summer, each offering support, creative activities and specialised information about wellbeing for themselves and their families. The course covers physical, mental, emotional, social and educational wellbeing with a particular emphasis on looking at the impact of Covid-19 and lockdown.

How to get involved

This course is free and is for parents/carers of children aged 4–11 years old who are looking to support their own and their children's wellbeing.

You can find more information and download a registration form at: cornexchangenew.com

For enquiries, contact getinvolved@cornexchangenew.co.uk or call 01635 582666.

This course will be delivered via Zoom.

Tue 18 Aug, 8pm – 9.30pm

Tue 25 Aug, 7.45pm – 9.45pm

Tue 1 Sep, 8pm – 9.30pm

Tue 8 Sep, 8pm – 9.30pm

Tue 15 Sep, 8pm – 9.30pm

Tue 22 Sep, 8pm – 9.30pm



Funded by the Berkshire Community Fund, this course is run by one of the Corn Exchange's arts education specialists alongside guest tutors in nutrition, dance, yoga and first aid.

