

# Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



Residents of LEICESTER, LEICESTERSHIRE and RUTLAND

In paid partnership with:



Leicester  
City Council

NHS  
Leicester, Leicestershire  
and Rutland

NHS  
Leicestershire Partnership  
NHS Trust

Use Access Code  
**CURVE**