



# YOUTH CONNECT 5 A FREE, FIVE-WEEK COURSE FOR PARENTS AND CARERS

Youth Connect 5 gives you the knowledge, skills and understanding to help your children develop strong emotional wellbeing.

You'll learn about resilience techniques that will strengthen your child's ability to deal with adversity, threats or even significant sources of stress - skills that will remain with them into adulthood.

As parents, we can't always control life's situations, but being able to handle these challenges comes from having strong skills of resilience - we like to think of it as being able to bounce back when life gets tough.

Boarshaw Children's Centre

Runs every Wednesday between 15<sup>th</sup> November and 13<sup>th</sup> December

Facilitated by Rochdale Single Point of Access/CAMHS

Contact 07935700979 for more information

For more information, please visit  
**[YouthConnect5.org.uk](https://YouthConnect5.org.uk)**