

The Buck Project

Intelligent Kindness

Building a Confident Family

In partnership with



Course starts

2 May 2019

3 Sessions

12 noon

To

2.30 pm

Good self-esteem helps families solve problems and try new things. It also provides a solid foundation which aids learning and development.

- **The basics of self-esteem in families**
- **Relationships & Connections**
- **Rules and Consistency**
- **Quality time**
- **Family friendly goals**
- **The pursuit of passion, activities and hobbies**
- **The balance of encourage and support**
- **Praise and the "rat sandwich"**
- **Achievements & Challenges**
- **Avoiding negative influencers**
- **Teaching Resilience**

**Free &
Fully
Funded**

Session Dates:

1. Thursday 2 May 2019
2. Thursday 9 May 2019
3. Thursday 16 May 2019

Funding only available if you are unemployed or on a low income

Book with Eventbrite.

For more details, visit our website at
www.buckproject.org

For more information call 01865 598180

Venue

Preston Road Community Centre

Midget Close

Abingdon

OX14 5NR

