

## Courses for Parents and Teenagers online

We have been informed of some online course to support both parents, carers and young people. These courses are provided via the Family Toolbox free of charge and available to book onto directly.

<https://familytoolbox.co.uk/resource-list/free-online-learning-for-parents-and-families-the-solihull-approach/> once they sign up, they have lifelong access to them. The two for teens are

**Understanding your brain (for teenagers only)**

**Understanding your feelings (for teenagers only)**

The website may ask you for your postcode and a code which is MERSEY to access the courses.

Kind regards

**Diane Challinor** *Family Advocate Pensby High School*