

It's been an anxious year for many adults, children and young people alike. We know many of you are worried about the impact of the pandemic on your children.

## **BRAND NEW!! Online course 'Understanding your child's mental health and wellbeing' from the Solihull Approach (NHS).**

### **Access for free:**

Did you know Public Health Wales have PRE-PAID for every parent and carer in Wales to access a course for parents/carers (access now for life-long access)? FREE (with access code: **NWSOL** or **SWSOL** at: [www.inourplace.co.uk](http://www.inourplace.co.uk)) for residents in our area. There are courses for parents, carers and grandparents about children from bump to 19+ years.

### **How do I access?**

[www.inourplace.co.uk](http://www.inourplace.co.uk)

### **What's the code?**

- If you haven't used it already here is the access code for all the online courses (funded for residents): **NWSOL** or **SWSOL**
- If, like many parents, you have already used this code, log into your account [here](#) and this course will be ready in your dashboard to start whenever you are ready.

### **Can I tell my family and friends?**

Absolutely! Share the news with family members and other families in the area so that they too can take advantage of this fantastic opportunity.

### **How long is it?**

'Understanding your child's mental health and wellbeing' itself is in 2 parts (2 modules long in total):

1. Take **Part 1**...
2. ...then take '**Understanding your child**' OR '**Understanding your child with additional needs**' (11 modules each taking 10-15 minutes to complete, benefitting from time to digest in between)....
3. ...then take **Part 2**.

### **If you like this...**

...you might like the other courses '[Understanding your teenager's brain](#)' (short course) or '[Understanding your child's feelings](#)' (taster course) , or other courses in the series. [www.inourplace.co.uk](http://www.inourplace.co.uk)

