

FREE VIRTUAL PARENTING COURSE OFFER

A new and FREE online parenting course resource has just launched for every family in Bristol!

To make your account visit the Bristol Family Hubs [website](#). You will only need your postcode and the code "GROWING" will enable you to access all the learning on offer.

All parents and carers can access a range of online courses to help understand their children's feelings better and how they can best support their children through the years as they develop and grow.

The courses cover a range of topics to support parents and carers through all stages of a child's development including:

- Pregnancy and post-pregnancy support
- How to understand your child mental health
- Help for understanding relationships
- Support for children with additional needs

There are also courses for teenagers to help them understand their mental health and feelings.