

Emotional resilience for the everyday

**From understanding to
thriving: for everyone.**

Ideas proven to make a
difference for emotional
wellbeing and build children's
confidence and kindness.

togetherness.co.uk



Online learning pathways for your parenting journey and important relationships.

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma

**For healthier relationships and
happier lives.**

Residents of
BOLTON

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