

# Calm Kids, Calm Home

A \*free online course for parents



Do you long for a bit of peace but not sure how to get it?  
Join us from the comfort of your own home to:

-  Find ways to settle your kids
-  Get tips to make your home calmer
-  Find out how to make your children happier

**Fridays**  
**24<sup>th</sup> September – 23<sup>rd</sup> October**  
**9.30am - 11.00am**

To enrol now scan the QR code to take you to  
the website and signup!

Or email [fay.tucker@gloucestershire.gov.uk](mailto:fay.tucker@gloucestershire.gov.uk)



\* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,374 per year; Qualified below a Level 2 ( less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability