**COMMUNITY BASED ADULT LEARNING**

 **DALKEITH**

Check out what we have on offer this term:



For more information about the courses or to find out how to book a place please go to: [www.midlothian.gov.uk](http://www.midlothian.gov.uk)

Or contact us on: Tel: 0131 271 3481

Email: [LLEadultsfamilies@midlothian.gov.uk](http://opentext/OTCSdav/nodes/8286425/mailto%3ALLEadultsfamilies%40midlothian.gov.uk)

Facebook: [facebook.com/LLEMidlothian](http://facebook.com/LLEMidlothian)

Twitter: @LLEadult\_family

**Introduction to Well-being**

This short introductory course will identify what factors can affect our well-being as well as considering techniques which can be of benefit to us.

 **Fridays, 9.30-11.30am**

**Starting 25 October 2019**

**Aim High Woodburn, 12-14 Woodburn Ave, Dalkeith, EH22 2BP**

**Craft & Chill**

A relaxed craft programme (papercraft, jewellery-making) to develop skills and confidence in making crafts. This course is for people new to the subject or more experienced.

**Thursdays, 12.30-2.30pm**

**Starting 26 Sept 2019**

**Aim High Woodburn, 12-14 Woodburn Ave, Dalkeith, EH22 2BP**

**Raising Children with Confidence**

Raising Children with Confidence is designed for Parents and Carers and will cover brain development, relationships, listening, behaviour, thoughts and feelings.

**Wednesdays, 9.30-11.30am**

**Starting 25 Sept 2019 for 7 weeks**

**Aim High Woodburn, 12-14 Woodburn Ave, Dalkeith, EH22 2BP**

**Getting to know your community**

Every community is different. This introductory course will use a variety of techniques to explore what is a community and ways of working within a community.

**Tuesdays, 6.30-8.30pm,**

**Starting 24 Sept 2019**

**Aim High Woodburn, 12-14 Woodburn Ave, Dalkeith, EH22 2BP**