

Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



Courses cost from £4.99 to £39. You may be in a funded area thanks to our network of sponsors!

Use our

FREE ACCESS CHECKER

to find out if your area is covered and start learning for FREE!