



## Learn2flourish

Learn2Flourish is a service that works to improve resilience and reduce anxiety in young people through offering workshops to schools, community organisations and families. The 'Bright Thinking' 6-week programme helps to reduce anxiety in 8 to 12/13-year olds who are experiencing ongoing anxiety by developing positive thinking skills using a strength-based approach. The sessions are fun, practical and engaging. We also offer parent workshops to help you to help your children learn, cope and thrive.

### Contact

**Website** <http://www.learn2flourish.co.uk/>

### Service Details

**Additional Information** Please see our website for more information or get in contact.

**Referral information** Families can self refer or be referred through schools and community organisations.

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.