



inourplace 

**NHS**

# 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



Residents of ISLINGTON



**ISLINGTON**  
For a more equal future

**Family Hubs  
Start for Life**

Use Access Code  
**BRIGHTSTART**

In paid partnership with: