



Staying Cool Family Learn

Staying Cool Family Learn course offers parent/carer's and their teenager (who living in County Durham) a chance to learn achieve together. The One day course provides knowledge and raises self-awareness of the anger - causes, triggers, identifiers, calming actions, claming thinking, planning and reflecting - to prevent unhealthy reactions and outbursts.

Family Learn provides the pair of learners the chance to share an experience and plan together so that they have the skills and awareness to be more supportive of each other to build a respectful relationship without conflict.

The course will provide a spring board to allow each learner to continue their own development for a more productive, calmer future.

When is it on?

Time of day	Morning Afternoon
Session information	The course is a one-full-day intervention (9.00am until 4.00pm)

Who to contact

Contact name	Tom Clark
Contact position	Parenting Coordinator
Telephone	07789 943 011
E-mail	admin.parenting@durham.gov.uk
Website	https://www.durham.gov.uk

Where to go

Name	Online or Various venues across Durham County
Address	Microsoft Teams OR DCC One Point hub/Family Centre To Be Arranged TBA TBA TBA

Other details

Cost description	Free to residents of County Durham
Referral and availability notes	Agency or Self referrals welcome, referral forms sent on request.

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Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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