

FREE

Be a positive parent

Free, accredited online courses to support your children and help your family thrive

Child mental health awareness

Covers what mental health is, risk and protective factors, common mental health problems, supporting a child that may be suffering from poor mental health and developing a positive environment.

Autism awareness

What autism is, key terms, causes, legislation, behaviours associated with autism and helping a child with autism.

Child online safety awareness

Covers risks and issues associated with children going online, how they access the internet, and what they do online.

All courses approved by the CPD Certification Service. Take approximately 90 minutes to complete online at home. Certificate on completion

Email wellbeing@optivo.org.uk or call/text 07841 505532



WELLBEING