



Dear All

We hope this email finds you well.

The Children and Families Hub are really pleased to be able to share with you the release of **In Our Place**, which offers parents and carers a variety of free online courses and are provided in 108 different languages.

All courses are dedicated to improving emotional health and wellbeing in parents, children, teenagers, adults and grandparents and include:

- understanding pregnancy, labour, birth and your baby
- ante-natal and post-natal 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

To access the online courses, please use the following link [In Our Place](#) once you are on the site, you will find instructions on how to sign up. All that is required of you is a postal code, entering your personal details is optional.

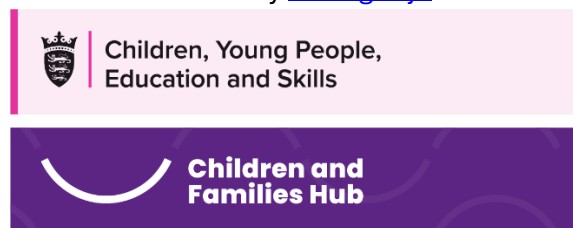
In Our Place will compliment, the current courses that are provided each term by the Children and Families Hub, those of which can be found on the website (see below) or by viewing the live [courses for parent's timetable](#)

If you have any questions about any of the above information, or you would like to register for any courses please contact the childrenandfamilieshub@gov.je | (01534) 519000.

Kind regards

[Children and Families Hub Service \(gov.je\)](#)

Government of Jersey www.gov.je





inourplace 







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



www.inourplace.co.uk

Residents of **JERSEY** and **GUERNSEY**

Use Access Code
WELCOME



In partnership with:



inourplace 







Apoiar a saúde emocional e o bem-estar de 0 a 19 anos ou mais

Cursos online gratuitos para todos os pais, cuidadores, avós e adolescentes

- Vínculo pré-natal e pós-natal do bebé
- Compreender o seu filho ou jovem
- O seu filho ou jovem com necessidades adicionais
- Sentimentos do adolescente e desenvolvimento cerebral
- E muitos outros cursos especializados

Concebido por psicólogos clínicos em parceria com profissionais e pais



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