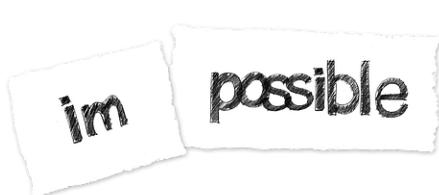




Opening Doors with Confidence (Being the Best You) Starting February 2026.

Course delivered by:  **Inspire**
Culture | Learning | Libraries

A targeted course (for parents and carers living in Rushcliffe) in a supportive non-judgemental environment. A relaxed, friendly, and supportive course (delivered by Inspire Learning) to help unlock or give you the skills and knowledge to improve your confidence within the family.



The course uses a range of tools and activities to help:

- Identify your own reasons for your lack of confidence
- Increase your self-awareness and provide you with the strategies necessary to make a positive change in behaviour.
- The course will have a positive impact on the whole family.

Contact your local Family Hub team to find out when the next course is running and to see if this is the right course for you and your family.

Limited creche places are available if required.

You can access the Family Hub Network by phone, email, complete a request for service form or just walk in to one of our buildings:

T: 0115 9773 749

W: www.nottinghamshire.gov.uk/care/family-hub-networks

E: FHRushcliffe@nottsc.gov.uk

FB: See below or scan the QR Code

Helping families get the right support at the right time



**Nottinghamshire
County Council**

Facebook: scan to view or
search 'Family Hub Network –
Rushcliffe'

