








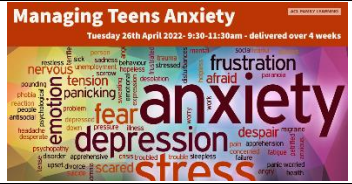


Please check out our extensive online offering to support you with “learning as a family” in 2022

All of our sessions/courses are FREE, either online or within our local centres and are available to anyone living in Essex, caring or with parental responsibility for a child under the age of 18.

Please feel free to share this with family and friends that you feel would benefit.

Wednesday 20th April 2022			
	<p><b>FL SEND for Parents</b>            Wednesday 20/04/2022            (delivered over 3 weeks)            09:30-11:30  <b>Delivered online</b></p>	<p>SEN Support for Parents - this is an ongoing course; anyone can come along at any time. It's a friendly informal session where parents and carers of children with special educational needs can get together to swap views and advice. We also cover a topic for everyone to learn about, comment on, or swap experiences about each week. Everybody is welcome - your child does not need to have an official diagnosis.</p>	<p>To book:  <a href="https://tinyurl.com/SEND-for-parents-Apr22">https://tinyurl.com/SEND-for-parents-Apr22</a></p>
Thursday 21 <sup>st</sup> April 2022			
	<p><b>FL Sibling Rivalry</b>            Thursday 21/04/2022            (delivered over 2 weeks)            09:30-11:30  <b>Delivered online</b></p>	<p>Parenting is not an easy job at all and at this time we all feel that we are being tested. Some days are better than others but life is not easy all living under one roof all of the time. This course is designed to support you to understand your children and provide parenting support. It covers how to deal with the sibling rivalry and give you strategies and practical tips on how to cope with this.</p>	<p>To book:  <a href="https://tinyurl.com/y7mkmzbu">https://tinyurl.com/y7mkmzbu</a></p>
	<p><b>FL Fun Activities to aid learning</b>            Thursday 21/04/2022            (delivered over 6 weeks)            15:00-17:00  <b>Delivered face to face at Laindon library</b></p>	<p>A range of different crafts and games to help children learn in a fun way</p>	<p>Come on the day, or sign up in advance by sending an email to <a href="mailto:aclfamilylearning@essex.gov.uk">aclfamilylearning@essex.gov.uk</a></p>



	<p><b>FL Successful Co-Parenting</b> Thursday 21/04/2022 (just this session) 19:00-21:00 <b>Delivered online</b></p>	<p>Co-parenting is not an easy task. Come along and explore some strategies and tips that can help make this easier for you.</p>	<p>To book: <a href="https://tinyurl.com/4bp9y2kx">https://tinyurl.com/4bp9y2kx</a></p>
<b>Friday 22<sup>nd</sup> April 2022</b>			
	<p><b>FL Stories, rhyme time and play</b> Friday 22/04/2022 (just this session) 09:30-11:30 <b>Delivered face to face at ACL Maldon</b></p> <p>And even better it's FREE!</p>	<p>Crafts and communication activities told through stories for you and your pre-school children. Sharing a book helps children:</p> <ul style="list-style-type: none"> <li>• Develop language skills e.g. words and listening skills</li> <li>• Have fun</li> <li>• Develop academic skills e.g. numeracy and literacy</li> <li>• Develop social skills e.g. turn taking</li> <li>• Get creative and bring stories to life</li> </ul>	<p>To pre-book: send an email to <a href="mailto:acfamilylearning@essex.gov.uk">acfamilylearning@essex.gov.uk</a></p>
<b>Tuesday 26<sup>th</sup> April 2022</b>			
	<p><b>FL Managing Teens Anxiety</b> Tuesday 26/04/2022 (delivered over 4 weeks) 09:30-11:30 <b>Delivered online</b></p>	<p>This course will explore how anxiety affects our teenagers and what we can do to support them.</p>	<p>To book: <a href="https://tinyurl.com/Manage-TeensAnxiety">https://tinyurl.com/Manage-TeensAnxiety</a></p>
	<p><b>FL Growth Mindset for Parents</b> Tuesday 26/04/2022 (just this session) 12:30-14:30 <b>Delivered online</b></p>	<p>Our children learn about it at school but how can we as parents benefit from cultivating a growth mindset too?</p>	<p>To book: <a href="https://tinyurl.com/Growth-MindsetParents">https://tinyurl.com/Growth-MindsetParents</a></p>
	<p><b>FL School Refusal</b> Tuesday 26/04/2022 (just this session) 19:00-21:00 <b>Delivered online</b></p>	<p>This course will give practical advice to parents/carers on how to manage school refusal - Aimed at parents/carers of school refusers</p>	<p>To book: <a href="https://tinyurl.com/SchoolrefusalApril22">https://tinyurl.com/SchoolrefusalApril22</a></p>



Wednesday 27<sup>th</sup> April 2022



**FL SEND for Parents Week 2**  
Wednesday 27/04/2022  
(delivered over 3 weeks)  
09:30-11:30  
**Delivered online**

SEN Support for Parents - this is an ongoing course; anyone can come along at any time. It's a friendly informal session where parents and carers of children with special educational needs can get together to swap views and advice. We also cover a topic for everyone to learn about, comment on, or swap experiences about each week. Everybody is welcome - your child does not need to have an official diagnosis.

To book:  
<https://tinyurl.com/SEND-for-parents-Apr22>



**FL Understanding ADHD**  
Wednesday 27/04/2022  
(delivered over 2 weeks)  
12:30-14:30  
**Delivered online**

A brief introduction to ADHD and a chance to meet other parents in the same boat

To book:  
<https://tinyurl.com/Understanding-ADHD-April22>



**FL First Aid workshop**  
Wednesday 27/04/2022  
(just this session)  
19:00-21:00  
**Delivered online**

This workshop will give you an introduction to first aid. It will give you current advice for young children such as dealing with choking, CPR and burns.

To book:  
send an email to -  
[aclfamilylearning@essex.gov.uk](mailto:aclfamilylearning@essex.gov.uk)

Thursday 28<sup>th</sup> April 2022



**FL Raising Boys**  
Thursday 28/04/2022  
(just this session)  
19:00-21:00  
**Delivered online**

This course will support parents/carers who are raising boys in the 21st century - Aimed at parents/carers who want to develop their understanding of the different stages of boyhood and learn how to raise happy, confident and kind young men

To book:  
<https://tinyurl.com/Raising-Boys>



**FAMILY  
LEARNING**



**Friday 29<sup>th</sup> April 022**



**FL Stories, rhyme time and play**  
**Friday 29/04/2022**  
(just this session)  
09:30-11:30  
**Delivered face to face at ACL Maldon**

And even better it's FREE!

Crafts and communication activities told through stories for you and your pre-school children.  
Sharing a book helps children:

- Develop language skills e.g. words and listening skills
- Have fun
- Develop academic skills e.g. numeracy and literacy
- Develop social skills e.g. turn taking

Get creative and bring stories to life

To book:  
send an email to -  
[aclfamilylearning@essex.gov.uk](mailto:aclfamilylearning@essex.gov.uk)

Please feel free to share with anyone else you feel would benefit, living in Essex.

**ACL ESSEX also offer adults a wide range of daytime and evening adult learning courses to help you improve your job prospects, learn a new skill, or simply inspire you. If you would like someone to contact you, check out our website([www.aclessex.com](http://www.aclessex.com)) and click [here](#).**

**We also offer FREE sessions in local schools, libraries and community groups that are not listed here. If you would like to host a session, or to find out more please contact us on the details below.**

Please visit [our website](#) for specific course details or visit our [Facebook group](#) and [Instagram](#) pages  
For more information, please contact us:

**Melissa Williamson and Zoe Mallett**  
**Curriculum Leads for Community and Family Learning**

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