

FREE PARENTING/CARERS SESSIONS

May sessions are listed below. Visit our website as sessions after May are already available to book.

<https://aclessex.com/community-family-learning/>



Online

Positive Parenting

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL3A71Y23&NAME=FL+Positive+Parenting&ID1=9000&ID2=287961&ID3=1>

Managing Anger In Young People

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C72Y23&NAME=FL+Managing+Anger+In+Young+People&ID1=9000&ID2=287515&ID3=1>

What To Expect When ... Moving out of the family home/ Shopping & budgeting / Organising Childcare

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL1C72Y23&NAME=FL+Multiply+What+To+Expect+When%2E%2E%2E&ID1=9000&ID2=286486&ID3=1>

Zones of Regulation (support your child to regulate emotions)

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C74Y23&NAME=FL+Zones+Of+Regulation&ID1=9000&ID2=287829&ID3=1>

Sibling Rivalry

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C70Y23&NAME=FL+Sibling+Rivalry&ID1=9000&ID2=287831&ID3=1>

Managing Big Emotions

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C73Y23&NAME=FL+Managing+Big+Emotions&ID1=9000&ID2=287832&ID3=1>

Basildon

Understanding Children's Anxiety

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL4A75Y23&NAME=FL+Understanding+Children%27s+Anxiety&ID1=9000&ID2=288094&ID3=1>

Harlow

Family Wellbeing at Harlow Library

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL3B71Y23&NAME=FL+Family+Wellbeing&ID1=9000&ID2=287489&ID3=1>

Fun Family Learn & Play at Harlow Library

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL3B77Y23&NAME=FL+Fun+Family+Learn+And+Play&ID1=9000&ID2=288076&ID3=1>

Fun Family Learning – The Next Steps at Great Parndon Library

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL1B71Y23&NAME=FL+Fun+Family+Learning+%2D+The+Next+Steps&ID1=9000&ID2=288055&ID3=1>

Halstead

Wellbeing Art at Halstead Library

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=JFL5B73Y23&NAME=FL+Wellbeing+Art+Workshop&ID1=9000&ID2=286965&ID3=1>

*Adult Community Learning – The Community & Family Learning Team
Supporting You & Your Family from birth to 18*