

Week Commencing 13th September 2021

Monday

9:30-11:30am

-Management for Overloaded Parents

4:30-6:00pm

-Introducing Mindfulness to Children

Tuesday

9:30-11:30am

-Keeping your child safe on the internet

12:30-2:30pm

-Choices & Consequences
-Family First Aid

6:30-8:30pm

-Understanding Teens

7:00-9:00pm

-Self-Harm Awareness

Wednesday

9:30-11:30am

-Building Emotional Intelligence KS2
-Dealing with Anger in the family

10:00-12:00

-Understanding English KS1

12:30-2:30pm

-How to deal with bullying
- Understanding English KS2

7:00-9:00pm

-First Aid workshop

Thursday

9:30-11:30am

-Understanding Children

12:30-2:30pm

-Emotional Wellbeing KS2

2:00-4:00pm

- Basic First Aid Workshop (delivered at TCVS Clacton)

7:00-9:00pm

-Relaxation for Parents

Friday

9:30-11:30am

-Busting the Myths of Parenting

-Being a grandparent

Visit our website:

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

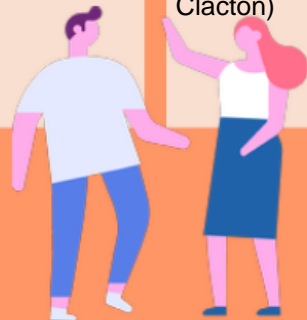
Or our Facebook pages:

ACL Essex Community & Family Learning



Week Commencing 20th September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>9:30-11:30am</u> -Understanding Children's Anxieties</p> <p><u>7:00-9:00pm</u> -Mindfulness for Beginners</p>	<p><u>12:30-2:30pm</u> -Building Resilience in Children</p> <p><u>1:00 -3:00pm</u> -First Aid Workshop (for parents of Frobisher Primary School, Clacton)</p>	<p><u>9:30-11:30am</u> -Understanding ADHD</p> <p><u>9:30-11:30am</u> -Separation Anxiety Workshop</p> <p><u>12:30-14:30pm</u> -What is a perfect parent</p>	<p><u>9:30-11:30am</u> -Emotional Well Being KS1</p> <p><u>10:00-12:00am</u> -Fussy Eaters</p>	<p><u>9:30-11:30am</u> -Importance of play for the whole family</p> <p><u>9:30-11:30am</u> -Indoor Teddy Bears picnic with crafts (face to face at ACL Maldon)</p>



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

Or our Facebook pages: ACL Essex Community & Family Learning