






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 (following current Government COVID guidelines) 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.


Monday 24 <sup>th</sup> January 2022			
	<p><b>FL Building Emotional Intelligence</b> Monday 24/01/2022 (delivered over 2 weeks) 09:30-11:30 <b>Delivered online</b></p>	<p>Emotional intelligence is just as important as academic. Learn how to help your children strengthen theirs and yours</p>	<p>To book: <a href="https://tinyurl.com/Building-Em-Intelligence">https://tinyurl.com/Building-Em-Intelligence</a></p>
	<p><b>FL Sleep for Wellbeing</b> Monday 24/01/2022 (delivered over 2 weeks) 09:30-11:30 <b>Delivered online</b></p>	<p>This course will support parents/carers in developing their understanding of sleep and how this contributes to our wellbeing - Aimed at anyone who wants to learn more about how sleep impacts wellbeing</p>	<p>To book: <a href="https://tinyurl.com/Sleep-for-wellbeing">https://tinyurl.com/Sleep-for-wellbeing</a></p>
	<p><b>FL Developing Resilience</b> Monday 24/01/2022 (delivered over 2 weeks) 18:30-20:30 <b>Delivered online</b></p>	<p>Being resilience help us overcome difficult situations. It is never too late to learn resilience. There are lots of strategies to develop both our and our children's resilience. Join this course to help your whole family become more successful and ready to face what life throws at them.</p>	<p>To book: <a href="https://tinyurl.com/Developing-resilience-Jan">https://tinyurl.com/Developing-resilience-Jan</a></p>





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**Tuesday 25<sup>th</sup> January 2022**

	<p><b>FL Separation Anxiety workshop</b> Tuesday 25/01/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>What separation anxiety is, how it affects children and how to effectively manage it.</p>	<p>To book: <a href="https://tinyurl.com/Sep-Anxiety-Jan-22">https://tinyurl.com/Sep-Anxiety-Jan-22</a></p>
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**Wednesday 26<sup>th</sup> January 2022**

	<p><b>FL Can writing be art and Journaling KS2</b> Wednesday 26/01/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>This course is going to give you the confidence to support your child with their English learning. It will give you the current information on what your child will learn in KS2, explain any jargon used and give you practical tips on making English fun.</p>	<p>To book: <a href="https://tinyurl.com/Can-writing-be-art">https://tinyurl.com/Can-writing-be-art</a></p>
	<p><b>FL Feeling Yes, Feeling NO!</b> Wednesday 26/01/2022 (just this session) 12:30-14:30 <b>Delivered online</b></p>	<p>Our instincts are there for a reasons - to keep us safe. Learn how to help your child recognise their instincts and develop the skills to use them to their benefits. We raise our children to be polite but it is very important they are able to say NO when they are in a situation they are uncomfortable with. A great 2-hour sessions to help our children stay safe.</p>	<p>To book: <a href="https://tinyurl.com/Feeling-Yes-feeling-No">https://tinyurl.com/Feeling-Yes-feeling-No</a></p>

**Thursday 27<sup>th</sup> January 2022**

	<p><b>FL Learning through Play (KS1 STEM)</b> Thursday 27/01/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>Lots of fun activities to play with your young children. Do you know that STEM activities help with knowledge of technology and science. Learn and try out some things to try with your children. Please bring oil, water, bicarbonate of soda and food colouring.</p>	<p>To book: <a href="https://tinyurl.com/Learning-through-Play-STEM">https://tinyurl.com/Learning-through-Play-STEM</a></p>
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**Thursday 27<sup>th</sup> January 2022 continued...**

	<p><b>FL Money Fears</b> Thursday 27/01/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>Are you still paying for Christmas and worrying? Are you dreading the bills coming in? Come and find some useful advice and support.</p>	<p>To book: <a href="https://tinyurl.com/Financial-Wellbeing-2022">https://tinyurl.com/Financial-Wellbeing-2022</a></p>
	<p><b>FL Baby and Toddler Talk</b> Thursday 27/01/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>A workshop to support you and your family to help understand how to encourage your baby and toddlers communication. When children hear more words, it helps to improve their understanding of language, and increases the number and variety of words that they can understand and use. And it's not just about better language skills. Talking with babies helps their brains develop and can help children do better at school when they're older. This is a LIVE interactive course so you will need to log on at the given time to access the course.</p>	<p>To book: <a href="https://tinyurl.com/Baby-and-Toddler-talk-Jan22">https://tinyurl.com/Baby-and-Toddler-talk-Jan22</a></p>
	<p><b>FL Managing Big Emotions</b> Thursday 27/01/2022 (just this session) 18:30-20:30 <b>Delivered online</b></p>	<p>Does your child struggle to manage their emotions? Does it seem that they have a melt down without any warnings? Learn why children have big emotions and what we can do to help them manage them. Learn to identify the warning signs and how to get our children to recognise them. A great course full of tips to help your child remain calm.</p>	<p>To book: <a href="https://tinyurl.com/Managing-Big-Emotions-eve">https://tinyurl.com/Managing-Big-Emotions-eve</a></p>

**Friday 28<sup>th</sup> January 2022**

	<p><b>FL Nursery Rhymes and Messy Play</b> Friday 28/01/2022 (just this session) 09:30-11:00 <b>Delivered at ACL Maldon</b></p>	<p>This is a fun session where we will have stories, arts and crafts, nursery rhymes and their importance for language and school readiness. Come along with your little one and join in the fun</p>	<p>To book: <a href="https://tinyurl.com/Nursery-Rhymes-28Jan">https://tinyurl.com/Nursery-Rhymes-28Jan</a></p>
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**Monday 31<sup>st</sup> January 2022**

	<p><b>FL Keeping up with grandchildren: ICT</b> Monday 31/01/2022 (just this session) 10:00-12:00 <b>Delivered at ACL Basildon</b></p>	<p>Keeping up with the grandchildren: ICT. This is an easy to follow course for those who would like to keep up with the ICT skills that children are familiar with and use on a regular basis. The course will introduce you to computer and internet use and the terminology/jargon that goes with this.</p>	<p>To book: <a href="https://tinyurl.com/Keeping-UpWithTheGrandchildren">https://tinyurl.com/Keeping-UpWithTheGrandchildren</a></p>
	<p><b>FL Burnout and Boundaries</b> Monday 31/01/2022 (just this session) 19:00-21:00 <b>Delivered online</b></p>	<p>Do you find it hard to say no? How can we make sure we don't burn out when so many people want so much from us? Looking after our own needs and being assertive about them is important in giving us a good work/life balance.</p>	<p>To book: <a href="https://tinyurl.com/BurnoutandBoundaries">https://tinyurl.com/BurnoutandBoundaries</a></p>

**Tuesday 1<sup>st</sup> February 2022**

	<p><b>FL Growth Mindset for Parents</b> Tuesday 01/02/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>Help your child to be successful this school academic term both intellectually, emotionally and socially. Did you know that by having a growth mindset you can push the boundaries of your levels of intelligence?</p>	<p>To book: <a href="https://tinyurl.com/Growth-Mindset-for-Parents">https://tinyurl.com/Growth-Mindset-for-Parents</a></p>
	<p><b>FL Building Self-Esteem</b> Tuesday 01/02/2022 (delivered over 2 weeks) 09:30-11:30 Delivered online</p>	<p>This course will look at what is self esteem, how is it affected by others and what we can do to build own self esteem for us and our families</p>	<p>To book: <a href="https://tinyurl.com/3yke6v6b">https://tinyurl.com/3yke6v6b</a></p>









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**Tuesday 1<sup>st</sup> February 2022 continued.....**

 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Family Learning</p>	<p><b>FL Why do children Lie?</b> Tuesday 01/02/2022 (just this session) 09:30-11:30 Delivered online</p>	<p>Are you concerned that your child tells lies? Did you know that all children tell lies and that it is a very important part of child development? Learn why children lie and how to manage it so they learn how to manage lies and tell the truth.</p>	<p>To book: <a href="https://tinyurl.com/children-lie">https://tinyurl.com/children-lie</a></p>
 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Family Learning</p>	<p><b>FL Choices and Consequences</b> Tuesday 01/02/2022 (delivered over 2 weeks) 12:30-14:30 <b>Delivered online</b></p>	<p>We are faced by hundreds of choices every day. With each choice we make there is a consequence. Develop skills to help your children deal with the choices they have to make in order to help them make good choices. Discover the difference between natural and educational consequences and learn how to use them to help your child learn.</p>	<p>To book: <a href="https://tinyurl.com/yckzaw3v">https://tinyurl.com/yckzaw3v</a></p>

**Wednesday 2<sup>nd</sup> February 2022**

 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Family Learning</p>	<p><b>FL Bringing up bilingual children</b> Wednesday 02/02/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>Resources and ideas to encourage your child to speak and use their home language as well as English.</p>	<p>To book: <a href="https://tinyurl.com/Bringing-up-bilingual-children">https://tinyurl.com/Bringing-up-bilingual-children</a></p>
 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Family Learning</p>	<p><b>FL Speaking and Spellings KS2</b> Wednesday 02/02/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>This session is going to give you the confidence to support your child with their English learning. It will give you the current information on what your child will learn in KS2, explain any jargon used and give you practical tips on making spelling and conversation in English fun.</p>	<p>To book: <a href="https://tinyurl.com/speaking-and-spelling-KS2">https://tinyurl.com/speaking-and-spelling-KS2</a></p>



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**Thursday 3rd February 2022**

	<p><b>FL Ways to make numbers friendlier (KS2 Maths)</b> Thursday 03/02/2022 (just this session) 09:30-11:30 Delivered online</p>	<p>Learning through play is one of the best ways for your KS2 child to develop. Have fun with your child and help them learn maths skills at the same time. Bring pen, paper, dice and a compass.</p>	<p>To book an assessment: <a href="https://tinyurl.com/Games-to-Support-Learning">https://tinyurl.com/Games-to-Support-Learning</a></p>
	<p><b>FL What do I get out of being kind?</b> Thursday 03/02/2022 (just this session) 12:30-14:30 Delivered online</p>	<p>Strong wellbeing will help your child manage and thrive through these developmental changes. Learn age-appropriate techniques to help boost your child's wellbeing. Why kindness is important for parents to model and support our children to develop.</p>	<p>To book: <a href="https://aclessex.com/community-family-learning/">https://aclessex.com/community-family-learning/</a> or email: <a href="mailto:aclfamilylearning@essex.gov.uk">aclfamilylearning@essex.gov.uk</a></p>

**Friday 4<sup>th</sup> February 2022**

	<p><b>FL Building Parental Self-Confidence</b> Friday 04/02/2022 (just this session) 09:30-11:30 Delivered online</p>	<p>Children don't come with a manual and as parents we are often worried we are getting it wrong. Join us to build your confidence and find out how much we are all just winging it!</p>	<p>To book: <a href="https://tinyurl.com/Parental-Self-Confidence">https://tinyurl.com/Parental-Self-Confidence</a></p>
	<p><b>FL Storytime Fun With Messy play</b> Friday 04/02/2022 (just this session) 09:30-11:00 Delivered at ACL Maldon</p>	<p>This is a fun session focusing on the use of stories to develop children's literacy and early language skills. A lot of the books we use will be picture books and familiar fables/family favourites as repetition and familiar stories support children's learning. There will also be messy play activities associated with the story of the week.</p>	<p>To book: <a href="https://tinyurl.com/Storytime-Fun-With-Messy-play">https://tinyurl.com/Storytime-Fun-With-Messy-play</a></p>











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**Monday 7<sup>th</sup> February 2022**

 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Family Learning</p>	<p><b>FL Anxiety in Early Years</b> Monday 07/02/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>This workshop is aimed at parents of young children who are showing signs of anxiety. We can provide you the support you need</p>	<p>To book: <a href="https://tinyurl.com/Anxiety-in-Early-Years">https://tinyurl.com/Anxiety-in-Early-Years</a></p>
 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Family Learning</p>	<p><b>FL School Refusal</b> Monday 07/02/2022 (just this session) 09:30-11:30 <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/School-Refusal">https://tinyurl.com/School-Refusal</a></p>
 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Family Learning</p>	<p><b>FL First Aid Workshop</b> Monday 07/02/2022 (just this session) 19:00-21:00 <b>Delivered online</b></p>	<p>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.</p>	<p>To book: <a href="https://tinyurl.com/First-Aid-Workshop">https://tinyurl.com/First-Aid-Workshop</a></p>

**Tuesday 8<sup>th</sup> February 2022**



 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Family Learning</p>	<p><b>FL Teaching Kids Good Money Habits</b> Tuesday 08/02/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>Instilling good habits in your children so that they know the importance of saving, budgeting and not wasting their money. - Age 6+</p>	<p>To book: <a href="https://tinyurl.com/Good-Money-Habits">https://tinyurl.com/Good-Money-Habits</a></p>
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**Tuesday 8<sup>th</sup> February 2022 continued....**

 <b>IMPROVING LIVES THROUGH LEARNING</b> <small>Family Learning</small>	<p><b>FL Talking so children will Listen</b>          Tuesday 08/02/2022          (delivered over 2 weeks)          09:30-11:30  <b>Delivered online</b></p>	<p>Are you fed up saying the same thing 10 times before your child responds? Do you feel like you are always nagging? Learn some different ways to communicate with your children so they Listen. A great course to help parents get their children to do things quicker and make life a bit easier.</p>	<p>To book:  <a href="https://tinyurl.com/children-will-Listen">https://tinyurl.com/children-will-Listen</a></p>
 <b>IMPROVING LIVES THROUGH LEARNING</b> <small>Family Learning</small>	<p><b>FL Parental Guilt</b>          Tuesday 08/02/2022          (just this week)          19:00-21:00  <b>Delivered online</b></p>	<p>A big dose of guilt is something that we all seem to be given once we become parents. Join our workshop to connect with other parents who feel the same and find out what you can do to cope.</p>	<p>To book:  <a href="https://aclessex.com/community-family-learning/">https://aclessex.com/community-family-learning/</a>          or email:  <a href="mailto:aclfamilylearning@essex.gov.uk">aclfamilylearning@essex.gov.uk</a></p>

**Wednesday 9<sup>th</sup> February 2022**

 <b>IMPROVING LIVES THROUGH LEARNING</b> <small>Family Learning</small>	<p><b>No online courses</b></p>		
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**Thursday 10<sup>th</sup> February 2022**

 <b>IMPROVING LIVES THROUGH LEARNING</b> <small>Family Learning</small>	<p><b>FL Learning through Play (KS2 English)</b>          Thursday 10/02/2022          (just this session)          09:30-11:30  <b>Delivered online</b></p>	<p>Interesting and fun activities to play over the February half term to help your KS2 child develop their English skills. Bring pen, paper and a dice</p>	<p>To book:  <a href="https://tinyurl.com/Learning-through-Play">https://tinyurl.com/Learning-through-Play</a></p>
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**Thursday 10<sup>th</sup> February 2022 continued....**

	<p><b>FL Supporting Teens Mental Health</b> Thursday 10/02/2022 (just this session) 12:30-14:30 <b>Delivered online</b></p>	<p>How to start the conversation with teens about theirs or a friends mental health</p>	<p>To book: <a href="https://tinyurl.com/Teens-Mental-Health">https://tinyurl.com/Teens-Mental-Health</a></p>
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**Friday 11<sup>th</sup> February 2022**

	<p><b>FL Mindfulness for Kids</b> Friday 11/02/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>Learn techniques so that the whole family can be mindful and create a calmer atmosphere</p>	<p>To book: <a href="https://tinyurl.com/Mindfulness-for-Kids">https://tinyurl.com/Mindfulness-for-Kids</a></p>
	<p><b>FL Storytime Fun with Messy play</b> Friday 11/02/2022 (just this session) 09:30-11:00 <b>Delivered at ACL Maldon</b></p>	<p>This is a fun session focusing on the use of stories to develop children's literacy and early language skills. A lot of the books we use will be picture books and familiar fables/family favourites as repetition and familiar stories support children's learning. There will also be messy play activities associated with the story of the week.</p>	<p>To book: <a href="https://tinyurl.com/2p8ud7sr">https://tinyurl.com/2p8ud7sr</a></p>

*Please look out for the next edition which will have Half-Term activities coming soon.*



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:

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