






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. If you can't see a course you would like, or you are unable to make that date, please contact us on [aclfamilylearning@essex.gov.uk](mailto:aclfamilylearning@essex.gov.uk).

Monday 20 <sup>th</sup> June 2022			
	<b>Raising Girls</b> Monday 20/06/2022 (delivered over 2 weeks) 09:30-11:30 <b>Delivered online</b>	This course will support parents/carers who are raising girls in the 21st century - recognise the different stages of girlhood and learn how to raise happy, confident and kind young woman	To book: <a href="https://tinyurl.com/3sw62ahf">https://tinyurl.com/3sw62ahf</a>
Tuesday 21 <sup>st</sup> June 2022			
	<b>FL Building Emotional Intelligence</b> Tuesday 21/06/2022 (delivered over 2 weeks) 09:30-11:30 <b>Delivered online</b>	Emotional intelligence is just as important as academic. Learn how to help your children strengthen theirs and yours	To book: <a href="https://tinyurl.com/2x7tj92f">https://tinyurl.com/2x7tj92f</a>
	<b>FL Relationships, Sex and Education</b> Tuesday 21/06/2022 (delivered over 1 weeks) 09:30-11:30 <b>Delivered online</b>	What you need to know? This session will look at what RSE it's content, how it is delivered within school, and your role as parents/carers in supporting and enhancing your child's learning of RSE.	To book: <a href="https://tinyurl.com/wjw4dhtx">https://tinyurl.com/wjw4dhtx</a>




## Wednesday 22<sup>nd</sup> June 2022



 <p><b>Understanding Teens</b></p>	<p><b>FL Understanding Teens</b> Wednesday 22/06/2022 (delivered over 4 weeks) 09:30-11:30 <b>Delivered online</b></p>	<p>A great course on how to really get to understand your teenager. What is going on their brain, why is their moods hard to keep up with. Learn why peers are so important to teens. Work out how to communicate with them and keep them motivated throughout those teenage years.</p>	<p>To book: <a href="https://tinyurl.com/mr2par57">https://tinyurl.com/mr2par57</a></p>
 <p><b>SECONDARY SCHOOL TRANSITION WORKSHOP</b> WEDNESDAY 22 JUNE 9:30 - 11:30 1 WEEK ALL ONLINE <b>FREE!!!</b> THIS WORKSHOP WILL PROVIDE SUPPORT TO PARENTS TO SUPPORT THEIR CHILD ON THEIR JOURNEY FROM PRIMARY SCHOOL TO SECONDARY SCHOOL</p>	<p><b>FL Secondary School Transition Workshop</b> Wednesday 22/06/2022 (delivered over 1 weeks) 09:30-11:30 <b>Delivered online</b></p>	<p>This workshop will provide support to parents to support their child on their journey from primary school to secondary school</p>	<p>To book: <a href="https://tinyurl.com/429dsr6y">https://tinyurl.com/429dsr6y</a></p>
 <p><b>PRIMARY SCHOOL TRANSITION WORKSHOP</b> WEDNESDAY 22 JUNE 12:30 - 14:30 1 WEEK ALL ONLINE <b>FREE!!!</b> THIS WORKSHOP WILL PROVIDE SUPPORT TO PARENTS TO SUPPORT THEIR CHILD STARTING PRIMARY SCHOOL</p>	<p><b>FL Primary School Transition Workshop</b> Wednesday 22/06/2022 (delivered over 1 weeks) 12:30-14:30 <b>Delivered online</b></p>	<p>This workshop will provide support to parents to support their child starting primary school</p>	<p>To book: <a href="https://tinyurl.com/yfukn59w">https://tinyurl.com/yfukn59w</a></p>
<h2>Thursday 23<sup>rd</sup> June 2022</h2>			
<p><b>FUSSY EATERS</b> THURSDAY 23 JUNE 10:00 - 12:00 2 WEEKS ALL ONLINE <b>FREE!!!</b> FED UP OF MEALTIME STRESS? WANT TO KNOW WHAT TO COOK AND HOW TO ENTICE FUSSY EATERS TO THE TABLE? JOIN US TO DISCUSS AND GET IDEAS ON HOW TO GET YOUR LITTLE ONES EATING A WIDER RANGE OF FOODS.</p> 	<p><b>FL Fussy Eaters</b> Thursday 23/06/2022 (delivered over 2 weeks) 10:00-12:00 <b>Delivered online</b></p>	<p>Fed up of mealtime stress? Want to know what to cook and how to entice fussy eaters to the table? Join us to discuss and get ideas on how to get your little ones eating a wider range of foods.</p>	<p>To book: <a href="https://tinyurl.com/FL-Fussy-Eaters-June22">https://tinyurl.com/FL-Fussy-Eaters-June22</a></p>




### Thursday 23<sup>rd</sup> June 2022 continued.....

 <p><b>SECONDARY SCHOOL TRANSITION WORKSHOP</b></p> <p>THURSDAY 23 JUNE 19:00 – 21:00</p> <p>1 WEEK ALL ONLINE <b>FREE!!!</b></p> <p>THIS WORKSHOP WILL PROVIDE SUPPORT TO PARENTS TO SUPPORT THEIR CHILD ON THEIR JOURNEY FROM PRIMARY SCHOOL TO SECONDARY SCHOOL</p>	<p><b>FL Secondary School Transition Workshop</b></p> <p>Thursday 23/06/2022 (delivered over 1 weeks) 19:00 - 21:00</p> <p><b>Delivered online</b></p>	<p>This workshop will provide support to parents to support their child on their journey from primary school to secondary school</p>	<p>To book: <a href="https://tinyurl.com/r7889abd">https://tinyurl.com/r7889abd</a></p>
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### Friday 24<sup>th</sup> June 2022

 <p><b>FL Support Your Child's KS1 Literacy</b></p> <p>Friday 24/06/2022 (delivered over 1 weeks) 09:30-11:00</p> <p><b>Delivered at Harwich Library</b></p>	<p><b>FL Support Your Child's KS1 Literacy</b></p> <p>Friday 24/06/2022 (delivered over 1 weeks) 09:30-11:00</p> <p><b>Delivered at Harwich Library</b></p>	<p>For parents of KS1 children (Years1-2)</p> <p>This workshop will help support your child with developing phonics understanding, comprehension and spelling, punctuation and grammar required in KS1. It will also help to encourage reluctant readers.</p>	<p>To book: <a href="https://tinyurl.com/Harwich-Library-24th-June">https://tinyurl.com/Harwich-Library-24th-June</a></p>
 <p><b>FL Storytime/Nursery Sing Along &amp; Play</b></p> <p>Friday 24/06/2022 (delivered over 1 weeks) 09:30-11:00</p> <p><b>Delivered at ACL Maldon</b></p>	<p><b>FL Storytime/Nursery Sing Along &amp; Play</b></p> <p>Friday 24/06/2022 (delivered over 1 weeks) 09:30-11:00</p> <p><b>Delivered at ACL Maldon</b></p>	<p>Crafts and communication activities told through stories for you and your pre-school children.</p> <p>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> </ul>	<p>To book: <a href="https://tinyurl.com/59m5yn7z">https://tinyurl.com/59m5yn7z</a></p>


### Saturday 25<sup>th</sup> June 2022

 <p><b>ARTS AND CRAFTS</b></p> <p>SATURDAY 25 JUNE 10:00 – 12:00</p> <p><b>FREE!!!</b></p> <p>1 WEEK AT WITHAM LIBRARY</p> <p>ENJOY MAKING ALL SORTS OF CRAFTS WITH THE WHOLE FAMILY AND BUILDING SOME AMAZING MEMORIES THROUGH ART</p>	<p><b>FL Arts and Crafts</b></p> <p>Saturday 25/06/2022 (delivered over 1 weeks) 10:00 - 12:00</p> <p><b>Delivered at Witham Library</b></p>	<p>Enjoy making all sorts of crafts with the whole family and building some amazing memories through art</p>	<p>To book: No need to, just turn up on the day!</p>
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### Monday 27<sup>th</sup> June 2022

	<b>FL Photography for Ukrainian families</b> Monday 27/06/2022 (delivered over 4 weeks) 09:30-11:30 <b>Delivered at Colchester ACL</b>	THIS COURSE IS FOR UKRAINE FAMILIES ONLY. An opportunity to learn with other ESOL speakers about Photography	To book: <a href="https://tinyurl.com/Photography-for-Ukrainians">https://tinyurl.com/Photography-for-Ukrainians</a>
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### Tuesday 28<sup>th</sup> June 2022

	<b>FL Secondary School Transition Workshop</b> Tuesday 28/06/2022 (delivered over 1 weeks) 09:30 - 11:30 <b>Delivered at South Woodham Ferrers Library</b>	This workshop will provide support to parents to support their child on their journey from primary school to secondary school	To book: <a href="https://tinyurl.com/Secondary-School-Transition-SWF-Library">Secondary School Transition -SWF Library</a>
	<b>FL Separation Anxiety</b> Tuesday 28/06/2022 (delivered over 1 weeks) 09:30-11:30 <b>Delivered online</b>	What separation anxiety is, how it effects children and how to effectively manage it.	To book: <a href="https://tinyurl.com/Separation-Anxiety-June22">https://tinyurl.com/Separation-Anxiety-June22</a>
	<b>FL Pots of Potential!</b> Tuesday 28/06/2022 (delivered over 1 weeks) 10:00 - 12:00 <b>Delivered at Clacton Library</b>	Come along and decorate a plant pot to take home and have the chance to meet other crafty like-minded people	To book: contact Clacton Library



**FAMILY  
LEARNING**



Wednesday 29 <sup>th</sup> June 2022			
 <p><b>SECONDARY SCHOOL TRANSITION WORKSHOP</b> WEDNESDAY 29 JUNE 12:30 - 14:30 1 WEEK ALL ONLINE <b>FREE!!!</b> THIS WORKSHOP WILL PROVIDE SUPPORT TO PARENTS TO SUPPORT THEIR CHILD ON THEIR JOURNEY FROM PRIMARY SCHOOL TO SECONDARY SCHOOL</p>	<p><b>FL Secondary School Transition Workshop</b> Wednesday 29/06/2022 (delivered over 1 weeks) 09:30 - 11:30 <b>Delivered online</b></p>	<p>This workshop will provide support to parents to support their child on their journey from primary school to secondary school</p>	<p>To book: <a href="https://tinyurl.com/SecSchoolTransition">https://tinyurl.com/SecSchoolTransition</a></p>
 <p><b>Supporting your SEND Child</b> Share experiences with other families who understand <b>FREE</b></p>	<p><b>FL SEND for Parents</b> Wednesday 29/06/2022 (delivered over 3 weeks) 09:30 - 11:30 <b>Delivered online</b></p>	<p>This is an ongoing course, but 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-29th-June22">https://tinyurl.com/SEND-29th-June22</a></p>
Thursday 30 <sup>th</sup> June 2022			
 <p><b>Managing Teen stress</b> <b>FREE</b></p>	<p><b>FL Managing Teen Stress</b> Thursday 30/06/2022 (delivered over 1 weeks) 19:00 - 21:00 <b>Delivered online</b></p>	<p>This course will explore how stress affects our teenagers and what we can do to support them.</p>	<p>To book: <a href="https://tinyurl.com/Managing-Teen-Stress-30th-June">https://tinyurl.com/Managing-Teen-Stress-30th-June</a></p>
Friday 1st July 2022			
 <p><b>FL Stories, rhyme time and play</b> Friday 13/05/2022 (just this session) 09:30-11:30 <b>Delivered face to face at ACL Maldon</b> And even better it's FREE! At ACL Maldon (formerly known as the Priory) Every Friday 9:30-11:30am Share stories, action songs, nursery rhymes and craft activities to develop communication.</p>	<p><b>FL Stories, rhyme time and play</b> Friday 13/05/2022 (just this session) 09:30-11:30 <b>Delivered face to face at ACL Maldon</b> 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> </ul> <p>Get creative and bring stories to life</p>	<p>To book: <a href="https://tinyurl.com/StoriesRhymeTime-and-fun">https://tinyurl.com/StoriesRhymeTime-and-fun</a></p>



**FAMILY  
LEARNING**



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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