



Title, Date and Time	Description	Link to book
<p>FL Games using Recycled Materials Wednesday 02/06/2021 (this session only) 10:00-12:00 Delivered at ACL Witham Face to Face</p>	<p>Did you know, a plastic bottle you throw in the trash today will sit in a landfill or float in the ocean for thousands of years? So, is there any solution? Well, recycling can offer an answer. Recycling means taking something old and turning it into something useful. It's important that we all recycle to save the earth's natural resources, preserve the environment, and keep the garbage to a minimum. And, this fun, FREE session for parents and children will provide you a few activities and games to acquaint your little environmentalist with the concept of recycling. All materials will be provided, but you are welcome to bring a "bag of life" of bits with you.</p>	<p>To book: https://tinyurl.com/games-using-recycled-materials</p>
<p>FL Baby and Toddler Talk Thursday 03/06/2021 (this session only) 12:30-2:30 Delivered online</p>	<p>A workshop to support you and your family to help understand how to encourage your baby and toddler's 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: https://tinyurl.com/Baby-and-Toddler-talk-3rd-June</p>
<p>FL Step-parenting for beginners Monday 07/06/2021 (delivered over 2 weeks) 9:30-11:30 Delivered online</p>	<p>Discover ways to negotiate being a new stepparent, learning which battles are worth picking and which are best avoided and why house rules matter</p>	<p>To book: https://aclessex.com/community-family-learning-online/</p>
<p>FL Getting your writing fingers working again Monday 07/06/2021 (this session only) 16:00 – 17:30 Delivered online</p>	<p>Fun activities to develop children's writing skills and gross and fine motor skills without worksheets or activities that are boring!</p>	<p>To book: https://tinyurl.com/dkshb66t</p>



<p>FL Transition from Rec to Yr1/2 Tuesday 08/06/2021 (this session only) 09:30 - 11:30 Delivered online</p>	<p>Is your child moving from Reception to Year 1? Or from Year 1 to Year 2? This workshop will look at the importance of transitioning between the year groups, and how we can support our children with change.</p>	<p>To book: https://tinyurl.com/3xx4fdjv</p>
<p>FL Family Well Being Tuesday 08/06/2021 (delivered over 4 weeks) 10:00 - 12:00 Delivered online</p>	<p>An opportunity to have guided support and tips on keeping your family emotionally well. Each week will have a different topic and theme to include cooking, mindfulness, arts and crafts and gardening.</p>	<p>To book: https://tinyurl.com/cw33j6rn</p>
<p>FL Sibling Rivalry Tuesday 08/06/2021 (just this session) 9:30-12:00 Delivered online</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: https://aclessex.com/community-family-learning-online/</p>
<p>FL Empathy and Parenting Tuesday 08/06/2021 (this session only) 12:30-14:30 Delivered online</p>	<p>As a parent we want to solve and fix our children's problems in order for them to be happy. However, rushing to the rescue can cause more problems in the long run and does not give our children the ability to solve their own problems. In this workshop, learn the 3 components of empathy and the benefits of parenting with empathy. An empathetic style of parenting can alleviate arguments and help you to truly understand your child.</p>	<p>To book: https://tinyurl.com/3kvmu3t9</p>
<p>FL Understanding Anxiety Tuesday 08/06/2021 (delivered over 2 weeks) 19:00 - 21:00 Delivered online</p>	<p>A course to support you and your family to help understand the different types of anxiety and the impact it can have on family life. 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: https://tinyurl.com/Understanding-anxiety-evening</p>



<p>FL Managing Big Emotions Wednesday 09/06/2021 (this session only) 09:30 - 11:30 Delivered online</p>	<p>This session will provide strategies to teach children to become more aware of and independent in controlling their emotions and impulses, manage their sensory needs, and improve their ability to problem solve conflicts. This session is for parents of children in KS1 and KS2, school years 1-6 (5 -11 year olds)</p>	<p>To book: https://tinyurl.com/kitjbdnh</p>
<p>FL Choices and Consequences Wednesday 09/06/2021 (this session only) 09:30 - 11:30 Delivered online</p>	<p>A workshop to explore how using effective choices and consequences can help our parenting skills</p>	<p>To book: https://tinyurl.com/52kmdje</p>
<p>This Is Your Year Wednesday 09/06/2021 (delivered over 10 weeks x2) 10:00 - 14:30 Delivered online</p>	<p>An opportunity to be in control of shaping your employment choices so that 2021 is your year. This is not just a course looking at employability skills but allowing you the chance to harness the skills you already have, develop others, and realise your true potential. A programme to empower individuals to build their skills and knowledge to enhance life skills and life chances. This course will run twice a week for 10 weeks. You will gain a Gateway qualification at the end of this course for your CV.</p>	<p>To book: As there is an assessment required for this course, call 0345 603 7635 and quote course code - DOL3A74Y20</p>
<p>FL Great Little Gardeners Wednesday 09/06/2021 (this session only) 10:00 - 12:00 Delivered online</p>	<p>Following on from National Gardening Week, we will give you ideas on how to make your children Great little Gardeners</p>	<p>To book: https://tinyurl.com/Great-little-gardeners-June</p>
<p>FL Parents supporting Dyslexia Wednesday 09/06/2021 (this session only) 12:30-14:30 Delivered online</p>	<p>How dyslexia affects learning. Share tips, strategies, and resources to support your child – and check out some positive role models.</p>	<p>To book: https://tinyurl.com/3a7fjk6k</p>



<p>FL Time Management for overloaded parents Thursday 10/06/2021 (just this session) 9:30-11:30 Delivered online</p>	<p>Tips and tricks to help parents who always seem to be running around and playing catch-up! Helping you to avoid overwhelm and find time for self-care</p>	<p>To book: https://aclessex.com/community-family-learning-online/</p>
<p>FL Summer at the Coast Thursday 10/06/2021 (this session only) 12:30-14:30 Delivered online</p>	<p>Develop your summer itinerary. Learn where to look for information about places to visit. You will discover how to make the most of your visit to the coast ensuring fun packed outings that keep the whole family happy.</p>	<p>To book: https://tinyurl.com/aycxcwv9</p>
<p>FL Dinosaur and Fossils Fun for the Whole Family Thursday 10/06/2021 (this session only) 16:00 - 17:30 Delivered online</p>	<p>Dinosaurs were in Essex. Find out where to look for evidence. Discover the best locations to find fossils and teeth! Learn how to find and identify fossils and some fun activities for the whole family bringing this period of history to life in a fun way. For parents and children together.</p>	<p>To book: https://tinyurl.com/ytbe98wj</p>
<p>FL Psychology behind healthy eating Friday 11/6/2021 9:30-11:30 (just this session) Delivered online</p>	<p>If it was easy, we would all eat healthy all the time! Come along and discover some of the psychology which affects our food choices</p>	<p>To book: https://tinyurl.com/psychology-healthy-eating</p>



<p>FL Family Scavenger Hunt (Ingatestone Park) Saturday 12/06/2021 (this session only) 10:00 - 13:00 Delivered face-to-face</p>	<p>Come along and have some Family Fun whilst looking for items along the way. Please also note that although we will be open for 3 hours, this is a staggered start time event to comply with current COVID restrictions and social distancing and there is no expectation for the scavenger hunt to take that length of time to complete!</p>	<p>To book: https://tinyurl.com/fbxc5mvh</p>
<p>FL Helping your child to manage change Tuesday 15/06/2021 (just this session) 09:30-11:30 Delivered online</p>	<p>According to psychologists, routine is important to children because they crave safety and security, so knowing that things are going to happen in a particular way makes them feel in control. As adults, we can deal with change better because we can anticipate what that change will be like by finding out everything we want to know about it beforehand, and by using our previous experiences to imagine what it will be like. This session will give you confidence in supporting your child with changes and how to manage them.</p>	<p>To book: https://aclessex.com/community-family-learning-online/</p>
<p>FL Understanding why children lie Tuesday 15/06/2021 (just this session) 12:30-2:30 Delivered online</p>	<p>This session will explore why children lie and what parents can do about it. This session will support you how to help kids find honest alternatives to bending the truth. Most parents think children lie to get something they want, avoid a consequence, or get out of something they don't want to do. These are common motivations, but there are also some less obvious reasons why kids might not tell the truth — or at least the whole truth. We will explore these here.</p>	<p>To book: https://aclessex.com/community-family-learning-online/</p>
<p>FL Transition within KS2 Wednesday 16/06/2021 (just this session) 10:00 - 12:00 Delivered online</p>	<p>This workshop will give you hints on tips on how to support your child as they progress through KS2</p>	<p>To book: https://tinyurl.com/235pdf9t</p>



<p>FL SEN Series Wednesday 16/6/2021 (delivered over 4 weeks) 12:30-14:30 Delivered online</p>	<p>These workshops will be on a series of topics that support parenting a child with SEND needs and what support, guidance, and ideas we can share with parents experiencing similar dilemmas, battles, or challenges.</p>	<p>To book: https://tinyurl.com/ytu8ta9x</p>
<p>FL Fussy Eaters Wednesday 16/06/2021 (delivered over 2 weeks) 13:00 - 14:30 Delivered online</p>	<p>Ideas on how support you as a parent if you have a fussy eater.</p>	<p>To book: https://tinyurl.com/fussy-eaters-June</p>
<p>FL Growth Mindset Thursday 17/06/2021 (delivered over 2 weeks) 09:30-12:00 Delivered online</p>	<p>Children are under more pressure than ever to learn due to missing so much valuable teaching time during lockdown. This workshop explores how we can help our children to develop a growth mindset. Once this is in place they can learn, grow, and thrive.</p>	<p>To book: https://aclessex.com/community-family-learning-online/</p>
<p>FL Setting Boundaries Thursday 17/06/2021 (just this session) 12:30-14:30 Delivered online</p>	<p>Communication is key in any team, and a family is no different! Do you feel like you are on repeat? Why not come along to our FREE workshop - on how to set successful boundaries and keep them.</p>	<p>To book: https://aclessex.com/community-family-learning-online/</p>
<p>FL Family Relaxation Thursday 17/06/2021 (just this session) 16:30 - 18:00 Delivered online</p>	<p>This workshop covers relaxation techniques for the whole family. Learn fun massage techniques, simple yoga poses and more</p>	<p>To book: https://tinyurl.com/399zszry</p>



<p>FL Understanding Children Monday 21/06/2021 (delivered over 4 weeks) 19:00 - 21:00 Delivered online</p>	<p>A course to support you and understand your children and provide parenting support. We will explore acknowledging feelings, parenting styles, communication and so much more</p>	<p>To book: https://tinyurl.com/understanding-children-june</p>
<p>FL Preparing for Starting School First Time Tuesday 22/06/2021 (delivered over 2 weeks) 10:00 - 12:00 Delivered online</p>	<p>An opportunity to have support about what you can do to support your child starting primary school from routines to how they learn English and Maths</p>	<p>To book: https://tinyurl.com/primary-school-1st-time</p>
<p>FL Understanding Children Tuesday 22/06/2021 (delivered over 4 weeks) 12:30-14:30 Delivered online</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 boundaries, communication skills, understanding feelings and emotions and most importantly how to have fun as a family.</p>	<p>To book: https://tinyurl.com/Understanding-children-pm</p>
<p>FL Relaxation for Parents Tuesday 22/06/2021 (just this session) 19:00 - 21:00 Delivered online</p>	<p>This session is aimed at parents who want to spend some time looking after themselves now the children are back at school and to look ahead to the Summer Holidays. Hints and tips to make the most of your free time.</p>	<p>To book: https://tinyurl.com/kcdmdpkz</p>



<p>FL Understanding Children's Anxieties Tuesday 22/06/2021 (delivered over 4 week) 19:00 - 21:00 Delivered online</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 boundaries, communication skills, understanding feelings and emotions and most importantly how to have fun as a family.</p>	<p>To book: https://tinyurl.com/af7b3je7</p>
<p>FL Transition from KS3-KS4 Wednesday 23/06/2021 (just this session) 10:00 - 12:00 Delivered online</p>	<p>Is your child starting year 10? Do you know how best to support them during these very important years? Come along and we will give you the information you need.</p>	<p>To book: https://tinyurl.com/ewbcfpz7</p>
<p>FL Scavenger Hunt Thursday 24/06/2021 (just this session) 12:30-14:30 Delivered online</p>	<p>Scavenger Hunts are great ways to get your family exploring and the Coast. Learn some great tips on how to put a fun scavenger hunt together that will suit your family</p>	<p>To book: https://tinyurl.com/hvztj3eu</p>
<p>FL First Aid Basics Thursday 24/06/2021 (just this session) 19:00 - 21:00 Delivered online</p>	<p>This workshop will demonstrate the basics of first aid to include CPR, choking and more</p>	<p>To book: https://tinyurl.com/2jdabja4</p>



<p>FL Self Care Using Apps Tuesday 29/06/2021 (just this session) 19:00 - 21:00 Delivered online</p>	<p>This workshop is aimed at parents. What technology is available to help with self-care including how to not let it take over your life.</p>	<p>To book: https://tinyurl.com/pcvpdyni</p>
<p>FL Exploring Essex Rivers Thursday 01/07/2021 (just this session) 12:30-14:30 Delivered online</p>	<p>Explore a range of walks on offer for your family where you can see the wonders of the estuaries that Essex has to offer.</p>	<p>To book: https://tinyurl.com/rjp7jyay</p>
<p>FL Family Goal Setting Thursday 01/07/2021 (just this session) 16:30 - 18:30 Delivered online</p>	<p>Set SMART targets for the whole family, learn how vision boards can help us achieve our goals and make your own. Useful but not essential to bring card, old magazines, scissors, colouring pens/pencils, glue.</p>	<p>To book: https://tinyurl.com/k5kefpgp</p>
<p>FL Encouraging Reading in the Holidays Wednesday 07/07/2021 (just this session) 19:00 - 21:00 Delivered online</p>	<p>This workshop is for Primary aged children. We will explore ways to keep your child reading during the holidays, taking it outdoors, games etc</p>	<p>To book: https://tinyurl.com/xufzx56e</p>



<p>FL Keeping children safe on the internet Thursday 08/07/2021 (just this session) 19:00-21:00 Delivered online</p>	<p>This workshop will give you an introduction to internet safety. it will give you the chance to understand the latest issues our children are facing online and how to put measures in place to keep them safe.</p>	<p>To book: https://tinyurl.com/yp2maedp</p>
<p>FL Teaching Kids Good Money Habits Tuesday 13/07/2021 (just this session) 19:00 - 21:00 Delivered online</p>	<p>This workshop is for parents of 7-16yrs. We will look at the importance of and how to teach them good money habits, ways to stop them nagging for top ups during the holidays or holiday budgeting.</p>	<p>To book: https://tinyurl.com/tyv2hix8</p>
<p>FL How to manage stress Tuesday 13/07/2021 (just this session) 19:00 - 21:00 Delivered online</p>	<p>How are you managing your stress? Is your load too much? This workshop is for parents and older children and teenagers to explore how they are coping with their stress levels and ideas on how to manage this more effectively. 1</p>	<p>To book: https://tinyurl.com/8ey84y2f</p>
<p>FL Outdoor Ideas for Exhausted Parents Wednesday 14/07/2021 (delivered over 2 weeks) 09:30 - 11:30 Delivered at ACL Maldon face to face</p>	<p>Do you want to get outside more with your children but not sure how to make the best of outdoor play? This course will explore how you can make outdoors fun with your little ones.</p>	<p>To book: https://tinyurl.com/pjwney</p>



FAMILY LEARNING



<p>FL How to talk about teen suicide Tuesday 06/07/2021 (just this session) 19:00-21:00 Delivered online</p>	<p>If you're worried that your teen might be thinking about suicide or knows someone that has completed suicide or you've noticed some warning signs in their behaviour, it's important to have a conversation with them. There are recommended ways to make sure the conversation is effective and supportive. While these conversations can be difficult and confronting, there is a lot you can do to help support your teen. We are here to give you some conversation starters, confidence to start the conversation and signpost you to further support that is available for you and your teen.</p>	<p>To book: https://aclessex.com/community-family-learning-online/</p>
<p>FL Family First Aid Thursday 15/07/2021 (just this session) 19:00 - 21:00 Delivered online</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: https://tinyurl.com/vjv9rv6m</p>

All these sessions are delivered by ACL Community and Family Learning either face-to-face or online and are FREE group-based support for any parent/carer/guardian living in Essex caring for a child under 18.

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

Please visit [our website](#) for specific course details or visit our [Facebook group](#).

For more information please contact us:

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