



**FAMILY  
LEARNING**





**HAPPY NEW YEAR!**

We are happy to still be bringing you an 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.

Thursday 6 <sup>th</sup> January 2022			
 <p><b>Family First Aid</b> Thursday 06 January 12:30 - 14:30 1 week all online <b>FREE!!!</b> 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><b>FL Family First Aid</b> Thursday 04/01/2022 (just this session) 12:30-14:30 <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: <b>Email:</b> <a href="mailto:ACLFamilyLearning@essex.gov.uk">ACLFamilyLearning@essex.gov.uk</a> to be added to the next waiting list</p>
Friday 7 <sup>th</sup> January 2022			
 <p><b>Nursery Rhyme Sing Along With Messy Play</b> Friday 07 January 9:00 - 11:00 1 week at ACL Maldon <b>FREE!!!</b> 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><b>FL Nursery rhyme singalong and Messy play</b> Friday 05/01/2022 (just this session, although there is a session every week for Early years families) 09:00-11:00 <b>Delivered at Maldon ACL</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/NurseryRhymes-MaldonACL">https://tinyurl.com/NurseryRhymes-MaldonACL</a></p>






Tuesday 11<sup>th</sup> January 2022



 <p><b>Keeping Children Safe on the Internet</b>      Tuesday 11 January      9:30 - 11:30      1 week all online  <b>FREE!!!</b></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><b>FL Keeping children safe on the internet</b>      Tuesday 11/01/2022      (just this session)      09:30-11:30  <b>Delivered online</b></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:  <a href="https://tinyurl.com/KCOnline-Jan22">https://tinyurl.com/KCOnline-Jan22</a></p>
 <p><b>Managing Anxiety</b>      Tuesday 11 January      9:30 - 11:30      2 weeks all online  <b>FREE!!!</b></p> <p>This course will explore how anxiety affects us as parents and carers and what we can do to support them.</p>	<p><b>FL Managing Anxiety</b>      Tuesday 11/01/2022      (delivered over 2 weeks)      09:30-11:30  <b>Delivered online</b></p>	<p>This course will explore how anxiety affects us as parents and carers and what we can do to support them.</p>	<p>To book:  <a href="https://tinyurl.com/Managing-Anxiety-Jan22">https://tinyurl.com/Managing-Anxiety-Jan22</a></p>
 <p><b>Understanding Teens Part One</b>      Tuesday 11 January      19:00 - 21:00      2 weeks all online  <b>FREE!!!</b></p> <p>A great course on how to really get to understand your teenager. What is going on in 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><b>FL Understanding Teens Part 1</b>      Tuesday 11/01/2022      (delivered over 2 weeks)      19:00-21:00  <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/Und-Teens-Part-1">https://tinyurl.com/Und-Teens-Part-1</a></p>

Wednesday 12<sup>th</sup> January 2022


 <p><b>FREE!!! SEND SERIES</b>      Wednesday 12 January      9:30 - 11:30      5 lessons over 5 week all online</p> <p>An opportunity to discuss with tutors and peers about how challenging parenting a SEND child can be. You will receive practical tips and advice on how to make family life just that little bit easier.</p>	<p><b>FL SEND Series</b>      Wednesday 12/01/2022      (delivered over 5 weeks)      09:30-11:30  <b>Delivered online</b></p>	<p>An opportunity to discuss with tutors and peers about how challenging parenting a SEND child can be. You will receive practical tips and advice on how to make family life just that little bit easier.</p>	<p>To book:  <a href="https://tinyurl.com/SEND-Series-Jan-22">https://tinyurl.com/SEND-Series-Jan-22</a></p>
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Wednesday 12<sup>th</sup> January 2022 continued...

<p><b>Supporting Dyslexia</b></p> <p>Wednesday 12 January 12:30 - 14:30 2 weeks all online</p> <p><b>FREE!!!</b></p> <p>Are you or someone you are supporting dyslexic? Learn more about what dyslexia is and how it affects our brains. Find out how to get a diagnosis and what to do with it. Discover different ways to make day to day life easier and maximise learning opportunities.</p> 	<p><b>FL Supporting Dyslexia</b> Wednesday 12/01/2022 (delivered over 2 weeks) 12:30-14:30 <b>Delivered online</b></p>	<p>Are you or someone you are supporting Dyslexic? Learn more about what dyslexia is and how it affects our brains. Find out how to get a diagnosis and what to do with it. Discover different ways to make day to day life easier and maximise learning opportunities.</p>	<p>To book: <a href="https://tinyurl.com/Supporting-dyslexia-Jan22">https://tinyurl.com/Supporting-dyslexia-Jan22</a></p>
<p><b>Understanding Children</b></p> <p>Wednesday 12 January 19:00 - 21:00 4 weeks all online</p> <p><b>FREE!!!</b></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.</p> 	<p><b>FL Understanding Children</b> Wednesday 12/01/2022 (delivered over 4 weeks) 19:00-21:00 <b>Delivered online</b></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: <a href="https://tinyurl.com/Und-Children-Jan22">https://tinyurl.com/Und-Children-Jan22</a></p>

Thursday 13<sup>th</sup> January 2022

<p><b>Surviving Isolation as a Family</b></p> <p>Thursday 13 January 10:00 - 12:00 1 week all online</p> <p>Tips and strategies on staying well this winter time.</p> <p><b>FREE!!!</b></p> 	<p><b>FL Surviving Isolation as a family</b> Thursday 13/01/2022 (just this session) 10:00-12:00 <b>Delivered online</b></p>	<p>Are you isolating at the moment? Do you need help with getting through the long days? Come along and find out some top tips on surviving at this time.</p>	<p>To book: <a href="https://tinyurl.com/Surviving-Isolation">https://tinyurl.com/Surviving-Isolation</a></p>
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Friday 14<sup>th</sup> January 2022


<p><b>LOOKING AFTER YOU SO YOU CAN LOOK AFTER OTHERS</b></p> <p>Friday 14 January 9:00 - 11:00 1 week all online</p> <p><b>FREE!!!</b></p> <p>Being a parent or carer is very emotionally draining and often it affects how we are and how we parent. This workshop is all about how to keep YOU well.</p> 	<p><b>FL Look after you, so you can look after others</b> Friday 14/01/2022 (just this session) 09:00-11:00 <b>Delivered online</b></p>	<p>Being a parent or carer is very emotionally draining and often it affects how we are and how we parent. This workshop is all about how to keep YOU well.</p>	<p>To book: <a href="https://tinyurl.com/Looking-after-you-then-others">https://tinyurl.com/Looking-after-you-then-others</a></p>
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**Friday 14<sup>th</sup> January 2022 continued.....**

 <p><b>Nursery Rhyme Sing Along With Messy Play</b> Friday 14 January 9:00 - 11:00 1 week at ACL Maldon <b>FREE!!!</b> This is a fun session where we will have stories, arts and crafts, nurseryrhymes and their importance for language and school readiness. Come along with your little one and join in the fun</p>	<p><b>FL Nursery Rhymes and Messy Play</b> Friday 14/01/2022 (just this session) 09:00-11:00 <b>Delivered online</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-and-Messy-Play">https://tinyurl.com/Nursery-Rhymes-and-Messy-Play</a></p>
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Please feel free to share with anyone else you feel would benefit, living in Essex.

**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:

**Melissa Williamson and Zoe Mallett  
Curriculum Leads for Community and Family Learning**

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