



**FAMILY  
LEARNING**



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.

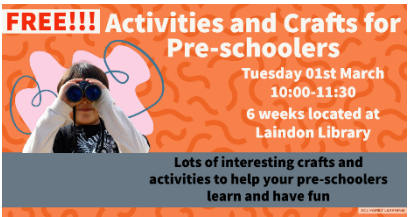



Monday 28 <sup>th</sup> February 2022			
<p>Are you wanting to get back in to employment? Are you worried you do not have the skills needed to return to the workplace? Not even sure where to start!</p> <p>Tues 22nd Feb 1:00-2:30pm or Mon 28th Feb 7:00-8:30pm</p> <p>Sign up Today</p> <p>Time for something new?</p> <p>ACL FAMILY LEARNING</p>	<p><b>FL Time for something new</b> Monday 28/02/2022 (this session only) 19:00-20:30 <b>Delivered online</b></p>	<p>Are you wanting to get back into employment? Are you worried you do not have the skills needed to return to the workplace? Not even sure where to start. This workshop will explore all of these and give you hint and tips to help you. There will be an employment advisor, national careers service, and teachers on hand, where there will be an opportunity to discuss how to search for jobs, what opportunities are available for training and qualifications or just some time to discuss what you would like to do next.</p>	<p>To book: <a href="https://tinyurl.com/Timeforsomethingnew28thFeb">https://tinyurl.com/Timeforsomethingnew28thFeb</a></p>
<p>HOW TO SAY <b>NO</b> WITHOUT UPSETTING PEOPLE</p> <p>MON 28TH FEB 7:00-9:00PM</p> <p>ACL FAMILY LEARNING</p>	<p><b>FL How to say no without upsetting people</b> Monday 28/02/2022 (this session only) 19:00-21:00 <b>Delivered online</b></p>	<p>A workshop to discuss how you can be assertive and say no without feeling guilty or fearful that you will upset someone</p>	<p>To book: <a href="https://tinyurl.com/howtosayno-Feb22">https://tinyurl.com/howtosayno-Feb22</a></p>





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Tuesday 1 <sup>st</sup> March 2022			
 <p><b>FREE!!! Activities and Crafts for Pre-schoolers</b> Tuesday 01st March 10:00-11:30 6 weeks located at Laindon Library Lots of interesting crafts and activities to help your pre-schoolers learn and have fun</p>	<p><b>FL Activities and Crafts for Pre-schoolers</b> Tuesday 01/03/2022 (delivered over 6 weeks) 10:00-11:30 <b>Delivered at Laindon Library</b></p>	<p>Lots of interesting crafts and activities to help your pre-schoolers learn and have fun</p>	<p>To book: <a href="https://tinyurl.com/ActivitiesandCrafts-Laindon">https://tinyurl.com/ActivitiesandCrafts-Laindon</a></p>
Wednesday 2 <sup>nd</sup> March 2022			
 <p><b>2ND MARCH 2022</b> 9:30-11:30AM <b>DO YOU HAVE A FUSSY EATER?</b> FEED 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> Wednesday 02/03/2022 (just this session) 09:30-11:30 <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/FussyEaters-March22">https://tinyurl.com/FussyEaters-March22</a></p>
 <p><b>BUDGET BUSTING COOKING</b> WE WILL HELP YOU CREATE MEALS ON A BUDGET! at ACL Colchester WEDNESDAY 2ND MARCH 12:45-2:45PM BOOK ON OUR WEBSITE! ACLESSEX.COM</p>	<p><b>FL Budget Busting Cooking</b> Wednesday 02/03/2022 (just this session) 12:45-14:45 <b>Delivered at ACL Colchester</b></p>	<p>This course is a combination of healthy eating and budget cooking. Come along and try some exciting recipes</p>	<p>To book: <a href="https://tinyurl.com/BudgetBusterCooking">https://tinyurl.com/BudgetBusterCooking</a></p>
Thursday 3 <sup>rd</sup> March 2022			
 <p><b>Bullying, Advice for Parents</b> Thursday 03rd March 9:30 - 11:30 1 week all online <b>FREE!!!</b> Is your child being bullied or would you like to put measures in place to ensure you are able to support your child should bullying occur? Maybe your child is the bully? Make an agreement on how to deal with bullying with your child so you can support and aid them in the best way possible.</p>	<p><b>FL Bullying, Advice for Parents</b> Thursday 03/03/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>Is your child being bullied or would you like to put measures in place to ensure you are able to support your child should bullying occur? Maybe your child is the bully? Make an agreement on how to deal with bullying with your child so you can support and aid them in the best way possible.</p>	<p>To book: <a href="https://tinyurl.com/Bullying-adviceforparents">https://tinyurl.com/Bullying-adviceforparents</a></p>









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**Thursday 3<sup>rd</sup> March 2022 continued....**





 <p><b>Mindfulness for Beginners</b> Thursday 3rd March 9:30 - 11:30 2 weeks all online A fun and practical workshop exploring how you can be mindful as a family. We will explore lots of different exercises and activities to keep you mindful <b>FREE!!!</b></p>	<p><b>FL Mindfulness for Beginners</b> Thursday 03/03/2022 (delivered over 2 weeks) 09:30-11:30 <b>Delivered online</b></p>	<p>A fun and practical workshop exploring how you can be mindful as a family. We will explore lots of different exercises and activities to keep you mindful</p>	<p>To book: <a href="https://tinyurl.com/Mindfulness-Beginners">https://tinyurl.com/Mindfulness-Beginners</a></p>
 <p><b>Dealing with Anger in the Family</b> Thursday 03rd March 12:30 - 14:30 2 weeks all online Is the arguing and fighting getting out of control in your family. An opportunity to be supported by an experience tutor and to make a plan on how to calm the anger in your family. <b>FREE!!!</b></p>	<p><b>FL Dealing with Anger in the Family</b> Thursday 03/03/2022 (delivered over 2 weeks) 12:30-14:30 <b>Delivered online</b></p>	<p>Is the arguing and fighting getting out of control in your family. An opportunity to be supported by an experience tutor and to make a plan on how to calm the anger in your family.</p>	<p>To book: <a href="https://tinyurl.com/Dealingwithanger-in-the-family">https://tinyurl.com/Dealingwithanger-in-the-family</a></p>
 <p><b>Time for You</b> Thursday 3rd March 19:00 - 21:00 3 weeks all online <b>FREE!!!</b> A course of relaxation. Learn how to relax and practise techniques each week for self care and time for you</p>	<p><b>FL Time for You</b> Thursday 03/03/2022 (delivered over 3 weeks) 19:00-21:00 <b>Delivered online</b></p>	<p>A course of relaxation. Learn how to relax and practise techniques each week for self-care and time for you</p>	<p>To book: <a href="https://tinyurl.com/TimeforyouMar22">https://tinyurl.com/TimeforyouMar22</a></p>
<b>Friday 4<sup>th</sup> March 2022</b>			
 <p><b>Storytime Fun With Messy play</b> <b>FREE!!!</b> Friday 04 March 9:30 - 11:30 1 week located at ACL Maldon This is a fun session focusing on the use of stories to develop children's literacy and early language skills.</p>	<p><b>FL Storytime Fun with Messy play</b> Friday 04/03/2022 (just this session) 09:30-11:30 <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/mv8ba7k5">https://tinyurl.com/mv8ba7k5</a></p>





# FAMILY LEARNING



Monday 7 <sup>th</sup> March 2022			
	<p><b>FL Time Management for busy parents</b> Monday 07/03/2022 (delivered over 2 weeks) 09:30-11:30 <b>Delivered online</b></p>	<p>How do you get through the day, with all the chores, taxi trips, things you have to do? Learn some vital time management tips to help make life run smoother.</p>	<p>To book: <a href="https://tinyurl.com/TimeManagementforBusyParents">https://tinyurl.com/TimeManagementforBusyParents</a></p>
	<p><b>FL Time For Something New</b> Monday 07/03/2022 (just this session) 13:00-14:30 <b>Delivered online</b></p>	<p>Are you wanting to get back into employment? Are you worried you do not have the skills needed to return to the workplace? Not even sure where to start. This workshop will explore all of these and give you hint and tips to help you. There will be an employment advisor, national careers service, and teachers on hand, where there will be an opportunity to discuss how to search for jobs, what opportunities are available for training &amp; qualifications or just some time to discuss what you would like to do next.</p>	<p>To book: <a href="https://tinyurl.com/bdsfk7b">https://tinyurl.com/bdsfk7b</a></p>
Tuesday 8 <sup>th</sup> March 2022			
	<p><b>FL Raising Boys</b> Tuesday 08/03/2022 (delivered over 2 weeks) 09:30-11:30 <b>Delivered online</b></p>	<p>This course will support parents/carers who are raising boys in the 21st century - Aimed at parents/carers who want to develop their understanding of the different stages of boyhood and learn how to raise happy, confident, and kind young men</p>	<p>To book: <a href="https://tinyurl.com/48ndx4v9">https://tinyurl.com/48ndx4v9</a></p>
Wednesday 9 <sup>th</sup> March 2022			
	<p><b>FL Understanding Children Part One</b> Wednesday 09/03/2022 (delivered over 2 weeks) 09:30-11:30 <b>Delivered at ACL Clacton</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 &amp; life is not easy. 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/49xff8u3">https://tinyurl.com/49xff8u3</a></p>









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**Thursday 10<sup>th</sup> March 2022**





 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Qualifications &amp; Skills for Employment   Creative &amp; Cultural Learning   Mental Health &amp; Wellbeing Apprenticeships   English, Maths, Digital &amp; Science   Supported Learning   Family Learning</p> <p>aclessex.com   0345 603 7635</p>	<p><b>FL Setting Boundaries</b> Thursday 10/03/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>Have the boundaries in your family become blurred over the holidays. A great workshop to help you establish the boundaries in the family.</p>	<p>To book: <a href="https://tinyurl.com/SettingBoundariesMar22">https://tinyurl.com/SettingBoundariesMar22</a></p>
 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Family Learning</p>	<p><b>FL I'm Just a Teenage Reader Baby!</b> Thursday 10/03/2022 (just this session) 09:30-12:30 <b>Delivered online</b></p>	<p>This workshop on how to motivate your teenager to read fiction, non-fiction and more!</p>	<p>To book: <a href="https://tinyurl.com/ImjustaTeenage-Reader-baby">https://tinyurl.com/ImjustaTeenage-Reader-baby</a></p>
 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Qualifications &amp; Skills for Employment   Creative &amp; Cultural Learning   Mental Health &amp; Wellbeing Apprenticeships   English, Maths, Digital &amp; Science   Supported Learning   Family Learning</p> <p>aclessex.com   0345 603 7635</p>	<p><b>FL Fun Activities to Aid Learning</b> Thursday 10/03/2022 (delivered over 2 weeks) 15:00-17:30 <b>Delivered at Laindon Library</b></p>	<p>A range of different crafts and games to help children learn in a fun way</p>	<p>To book: <a href="https://tinyurl.com/FunactivitiestoaidLearning">https://tinyurl.com/FunactivitiestoaidLearning</a></p>
 <p><b>IMPROVING LIVES THROUGH LEARNING</b></p> <p>Family Learning</p>	<p><b>FL Understanding Teens Part 1</b> Thursday 10/03/2022 (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/Understanding-TeensPt1">https://tinyurl.com/Understanding-TeensPt1</a></p>





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Friday 11 <sup>th</sup> March 2022			
	<p><b>FL Storytime Fun with Messy play</b> Friday 11/03/2022 (just this session) 09:30-11:30 <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/MessyPlay-MaldonACL">https://tinyurl.com/MessyPlay-MaldonACL</a></p>
Tuesday 15 <sup>th</sup> March 2022			
	<p><b>FL Activities &amp; Crafts for Pre-schoolers</b> Tuesday 15/03/2022 (delivered over 2 weeks) 10:00-11:30 <b>Delivered at Laindon Library</b></p>	<p>Lots of interesting crafts and activities to help your pre-schoolers learn and have fun</p>	<p>To book: <a href="https://tinyurl.com/Activitiesfor-Pre-schoolers">https://tinyurl.com/Activitiesfor-Pre-schoolers</a></p>
	<p><b>FL Supporting Dyslexia</b> Tuesday 15/03/2022 (delivered over 2 weeks) 12:30-14:30 <b>Delivered online</b></p>	<p>Are you or some your 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/SupportingDyslexia">https://tinyurl.com/SupportingDyslexia</a></p>
Wednesday 16 <sup>th</sup> March 2022			
	<p><b>FL Keeping Children Safe on the Internet</b> Wednesday 16/03/2022 (just this session) 19:00-21:00 <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/Kids-safe-on-internet-Mar22">https://tinyurl.com/Kids-safe-on-internet-Mar22</a></p>








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**Wednesday 16<sup>th</sup> March 2022 continued.....**

	<p><b>FL Happy Handwriting</b> Wednesday 16/03/2022 (just this session) 09:30-12:30 <b>Delivered online</b></p>	<p>This workshop will explore how to improve your child's handwriting</p>	<p>To book: <a href="https://tinyurl.com/Happy-Handwriting">https://tinyurl.com/Happy-Handwriting</a></p>
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**Thursday 17<sup>th</sup> March 2022**

	<p><b>FL Motivating your Family</b> Thursday 17/03/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>Motivational tips to get your family moving and achieving. Includes goal setting and methods to keep up momentum. Future coaching sessions on offer to help keep you and your family's motivation.</p>	<p>To book: <a href="https://tinyurl.com/Motivating-yourfamily">https://tinyurl.com/Motivating-yourfamily</a></p>
	<p><b>FL What is a Perfect Parent</b> Thursday 17/03/2022 (just this session) 12:30-14:30 <b>Delivered online</b></p>	<p>Do you feel that you are not living up to the expectations you set yourself? Do other parents always seem to be more in control and more capable. Join a group of other parents to discover how you can feel more in control of parenting and dispel some of those perfect parenting myths.</p>	<p>To book: <a href="https://tinyurl.com/whatisaperfectParentMar22">https://tinyurl.com/whatisaperfectParentMar22</a></p>

**Friday 18<sup>th</sup> March 2022**






	<p><b>FL Easter Fun and Messy Play</b> Friday 18/03/2022 (just this session) 09:30-11:30 <b>Delivered at ACL Maldon</b></p>	<p>Bring your little one along for some fun, and Easter themed messy play</p>	<p>To book: <a href="https://tinyurl.com/EasterfunmessyplayMar22">https://tinyurl.com/EasterfunmessyplayMar22</a></p>
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Monday 21 <sup>st</sup> March 2022			
	<p><b>FL Self Harm Awareness</b> Monday 21/03/2022 (delivered over 2 weeks) 09:30-11:30 <b>Delivered online</b></p>	<p>This course will help parent to gain an insight into what self-harm is, why it happens and how they can manage self-harming behaviours safely with their own children.</p>	<p>To book: <a href="https://tinyurl.com/Selfharm-Awareness">https://tinyurl.com/Selfharm-Awareness</a></p>
Tuesday 22 <sup>nd</sup> March 2022			
	<p><b>FL Raising girls</b> Tuesday 22/03/2022 (delivered over 2 weeks) 09:30-11:30 <b>Delivered online</b></p>	<p>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</p>	<p>To book: <a href="https://tinyurl.com/Raising-girls">https://tinyurl.com/Raising-girls</a></p>
	<p><b>FL Stress management for teens</b> Tuesday 22/03/2022 (delivered over 2 weeks) 19:00-21:00 <b>Delivered online</b></p>	<p>This course will help you support your teenager and will give you practical hints and tips to help them manage their stress effectively</p>	<p>To book: <a href="https://tinyurl.com/stressmanagement-forteens">https://tinyurl.com/stressmanagement-forteens</a></p>
Wednesday 23 <sup>rd</sup> March 2022			
	<p><b>FL Why talking helps spelling</b> Wednesday 23/03/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>This will give you some tips on how conversation, communication, and strategies to develop these help children with spelling and the wider English curriculum.</p>	<p>To book: <a href="https://tinyurl.com/Whytalking-helps-spelling">https://tinyurl.com/Whytalking-helps-spelling</a></p>
Thursday 24 <sup>th</sup> March 2022			
	<p><b>FL Managing big emotions</b> Thursday 24/03/2022 (delivered over 2 weeks) 09:30-11:30 <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</p>	<p>To book: <a href="https://tinyurl.com/Managing-Big-Emotions-Mar22">https://tinyurl.com/Managing-Big-Emotions-Mar22</a></p>











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		signs and how to get our children to recognise them. A great course full of tips to help your child remain calm.	
<b>Thursday 24<sup>th</sup> March 2022 continued.....</b>			
	<b>FL Importance of Self-care in the school holidays</b> Thursday 24/03/2022 (just this session) 09:30-11:30 <b>Delivered online</b>	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, especially in holiday times	To book: <a href="https://tinyurl.com/Self-Care-for-the-holidays">https://tinyurl.com/Self-Care-for-the-holidays</a>
	<b>FL Supporting teens learning</b> Thursday 24/03/2022 (just this session) 12:30-14:30 <b>Delivered online</b>	Teens still need your support with schoolwork. Come along and find out how to help without it ending in an argument!	To book: <a href="https://tinyurl.com/SupportingTeensLearning-Mar22">https://tinyurl.com/SupportingTeensLearning-Mar22</a>
	<b>FL Choices and consequences</b> Thursday 24/03/2022 (delivered over 2 weeks) 12:30-14:30 <b>Delivered online</b>	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.	To book: <a href="https://tinyurl.com/Choices-and-Consequences-Mar22">https://tinyurl.com/Choices-and-Consequences-Mar22</a>
	<b>FL Fun activities to aid learning</b> Thursday 24/03/2022 (delivered over 2 weeks) 15:00-17:30 <b>Delivered at Laindon Library</b>	A range of different crafts and games to help children learn in a fun way	To book: <a href="https://tinyurl.com/Funactivities-to-AidLearning">https://tinyurl.com/Funactivities-to-AidLearning</a>





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 <b>IMPROVING LIVES THROUGH LEARNING</b> Family Learning	<p><b>FL Understanding Teens Part 2</b> Thursday 24/03/2022 (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/UnderstandingTeensPart2">https://tinyurl.com/UnderstandingTeensPart2</a></p>
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Friday 25 <sup>th</sup> March 2022			
	<p><b>FL Easter Fun and Messy Play</b> Friday 25/03/2022 (just this session) 09:30-11:30 <b>Delivered at ACL Maldon</b></p>	<p>Bring your little one along for some fun, and Easter themed messy play</p>	<p>To book: <a href="https://tinyurl.com/EasterFunand-Messy-play-Maldon">https://tinyurl.com/EasterFunand-Messy-play-Maldon</a></p>
Monday 28 <sup>th</sup> March 2022			
	<p><b>FL Importance of Play</b> Monday 28/03/2022 (just this session) 09:30-11:30 <b>Delivered online</b></p>	<p>As adults we often forget how to play. Join us to find out why it is just as important for us as it is our children.</p>	<p>To book: <a href="https://tinyurl.com/Importanceof-Play-Mar22">https://tinyurl.com/Importanceof-Play-Mar22</a></p>
	<p><b>FL Encouraging Reading in the holidays</b> Monday 28/03/2022 (just this session) 12:30-14:30 <b>Delivered online</b></p>	<p>Reading is important in term time, but can be fun, exciting, pleasurable, and rewarding in the holidays. Come and find some exciting ways to keep your children for pleasure or to catch up without the battle.</p>	<p>To book: <a href="https://tinyurl.com/Encouraging-Reading-inthehols">https://tinyurl.com/Encouraging-Reading-inthehols</a></p>
Tuesday 29 <sup>th</sup> March 2022			
	<p><b>FL Activities and crafts for pre-schoolers</b> Tuesday 29/03/2022 (just this session) 10:00-11:30 <b>Delivered at Laindon Library</b></p>	<p>Lots of interesting crafts and activities to help your pre-schoolers learn and have fun</p>	<p>To book: <a href="https://tinyurl.com/Activitiesandcrafts">https://tinyurl.com/Activitiesandcrafts</a></p>





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Wednesday 30 <sup>th</sup> March 2022			
	<b>FL Mindful GCSE Revision for Easter</b> Wednesday 30/03/2022 (just this session) 09:30-12:30 <b>Delivered online</b>	This workshop is for parents to support their kids before the big push	To book: <a href="https://tinyurl.com/Mindful-GCSE-Revision">https://tinyurl.com/Mindful-GCSE-Revision</a>
Thursday 31 <sup>st</sup> March 2022			
	<b>FL Things to do at Easter</b> Thursday 31/03/2022 (just this session) 09:30-11:30 <b>Delivered online</b>	Aimed at parents who need ideas for Easter amusement for their kids	To book: <a href="https://tinyurl.com/Thingstodo-at-Easter">https://tinyurl.com/Thingstodo-at-Easter</a>

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:

**Melissa Williamson and Zoe Mallett**

**Curriculum Leads for Community and Family Learning**

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Essex County Council