

ACL FAMILY LEARNING

**FREE!
COURSES**

**FREE ONLINE COURSES
THIS SPRING**



FIND OUT MORE



call our friendly team on
03330 321 017

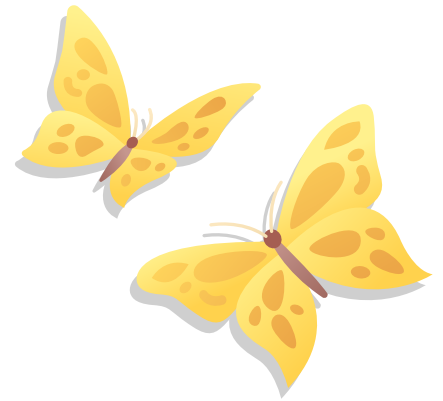


Search 'Family Learning' at
acessex.com



Essex County Council

FREE! ONLINE COURSES



- Go To Sleep!
- Setting Boundaries
- Raising Girls
- First Aid Workshop
- Managing Big Emotions
- Getting Teens To Talk
- Mindfulness & relaxation
- Anxiety Coping Techniques for Teens



SCAN ME



call our friendly team on
03330 321 017



Search 'Family Learning' at
aclessex.com



Queries
**aclfamilylearnin
g@essex.gov.uk**

FIND OUT MORE



Essex County Council