



FREE! ONLINE COURSES



- Starting School & Nursery
- Getting Your Children School Ready
- Starting Secondary School
- Anxiety & Meltdowns
- Assertive Parenting
- Managing Big Emotions
- Raising Boys
- Setting Boundaries
- Sibling Rivalry
- Surviving The Summer For Parents
- The Teen Brain
- Understanding Children's Anxieties
- Understanding Neurodiverse Children
- Zones of Regulation



call our friendly team on
03330 321 017



Search 'Family Learning' at
aclessex.com

Email Queries

aclfamilylearning@essex.gov.uk

FIND OUT MORE



Essex County Council



COMMUNITY & FAMILY LEARNING

Family Support
Workshops & Courses
Online

FREE



call our friendly team on
03330 321 017



Search 'Family Learning' at
aclessex.com

Email Queries

**aclfamilylearning@essex.
gov.uk**

FIND OUT MORE



Essex County Council