



Empower Yourself with Essential First Aid Skills

Join our **FREE** Family First Aid sessions to gain the knowledge and confidence to handle common emergencies. Ensure your loved ones are safe with practical skills.

Course Highlights

Everyday first aid techniques, Confidence to act swiftly

Why Attend?

Empower yourself, Connect with local parents and carers, Ensure your family's safety

 When: Book now for sessions taking place March to July 2025

 Where: Chelmsford, Colchester, or Witham

Don't miss out—sign up today!

Visit our website [aclessex.com](https://www.aclessex.com) and type 'Family First Aid' in to the 'Find a course...' box

