



Week Commencing 1st November 2021

Monday

Morning:

-Maintaining a mindful life

Afternoon:

-Step-parenting (online)

Tuesday

Morning:

- Cooking on a budget (at a local school)
- Building your self-esteem

Afternoon:

- Budgeting for Christmas
- Quick Cook ahead meals (at a local school)
- Sleep clinic

Evening:

- Self Harm awareness
- Managing Big Emotions

Wednesday

Morning:

-Separation Anxiety workshop

- Fussy Eaters

Afternoon:

-Get ahead this Christmas
- Building Self-confidence as a parent

Thursday

Afternoon:

- Building Emotional Intelligence KS2

Friday

Morning:

-Storytime Fun at ACL Maldon (face to face)

Unless stated the session will be delivered online through ZOOM

To book onto these FREE sessions check out our website: www.aclessex.com and search for the title or check out our Facebook pages: [Community and Family Learning Essex](#)



Week Commencing 8th November 2021

Monday

Morning:

- Managing your family's emotional well in partnership with a school in Essex
- Helping children build self-esteem
- Relationship and Sex Education workshop

Afternoon:

- Autism in Women and girls

Evening:

- Baby and Toddler Talk

Tuesday

Morning:

- Supporting Teens Learning

Afternoon:

- First Aid workshop
- Packed lunch with a difference (at a local school)
- Bullying!
- Flying Start for Reception parents at ACL Chelmsford (face to face)

Wednesday

Morning:

- Healthy Minds
- Early Maths for EYFS

Evening:

- Time for You

Thursday

Afternoon:

- Keeping children safe on the internet
- Parents and Kids together (after school session)

Friday

Morning:

- Storytime Fun at ACL Maldon (face to face)
- Setting Boundaries

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