

# Week Commencing 13th September 2021

## Monday

**9:30-11:30am**

-Management for Overloaded Parents

**4:30-6:00pm**

-Introducing Mindfulness to Children

## Tuesday

**9:30-11:30am**

-Keeping your child safe on the internet

**12:30-2:30pm**

-Choices & Consequences  
-Family First Aid

**6:30-8:30pm**

-Understanding Teens

**7:00-9:00pm**

-Self-Harm Awareness

## Wednesday

**9:30-11:30am**

-Building Emotional Intelligence KS2  
-Dealing with Anger in the family

**10:00-12:00**

-Understanding English KS1

**12:30-2:30pm**

-How to deal with bullying  
- Understanding English KS2

**7:00-9:00pm**

-First Aid workshop

## Thursday

**9:30-11:30am**

-Understanding Children

**12:30-2:30pm**

-Emotional Wellbeing KS2

**2:00-4:00pm**

- Basic First Aid Workshop (delivered at TCVS Clacton)

**7:00-9:00pm**

-Relaxation for Parents

## Friday

**9:30-11:30am**

-Busting the Myths of Parenting

-Being a grandparent

Visit our website:

<https://aclessex.com/community-family-learning/>

Or our Facebook pages:

**ACL Essex Community & Family Learning**



# Week Commencing 20th September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>9:30-11:30am</b> -Understanding Children's Anxieties</p> <p><b>7:00-9:00pm</b> -Mindfulness for Beginners</p>	<p><b>12:30-2:30pm</b> -Building Resilience in Children</p> <p><b>1:00 -3:00pm</b> -First Aid Workshop (for parents of Frobisher Primary School, Clacton)</p>	<p><b>9:30-11:30am</b> -Understanding ADHD</p> <p><b>9:30-11:30am</b> -Separation Anxiety Workshop</p> <p><b>12:30-14:30pm</b> -What is a perfect parent</p>	<p><b>9:30-11:30am</b> -Emotional Well Being KS1</p> <p><b>10:00-12:00am</b> -Fussy Eaters</p>	<p><b>9:30-11:30am</b> -Importance of play for the whole family</p> <p><b>9:30-11:30am</b> -Indoor Teddy Bears picnic with crafts (face to face at ACL Maldon)</p>



Visit our website: <https://aclessex.com/community-family-learning/>

Or our Facebook pages: **ACL Essex Community & Family**