

COMMUNITY & FAMILY LEARNING

**Understanding
Maths &
English**

**Emotional
wellbeing**

**Family
Wellbeing**

**Commissioned
Support**

**Specialist
workshops**

**If you are a parent, grandparent
or caring for a child or young
person living in Essex we have
support for you.**

**Learn
Anytime**

**Surviving
as a
family**

Partnerships

Parenting

**The next
stage in
education**



**Visit our website for specific course details:
aclessex.com/community-family-learning-online**

For more details and to discuss upcoming courses, contact our team:
Melissa Williamson: 03330321597 / Melissa.Williamson@essex.gov.uk
Zoe Mallett: 03330321372 / Zoe.Mallett@essex.gov.uk



Facebook Group:
Search for
**'ACL Essex
Community & Family
Learning'**



Specialist Workshops

These workshops/special events offer support for you and your family on a variety of topics. They give you an opportunity to speak to professional tutors about your concerns, other parents facing the same challenges, or join events that have been created to bring you and your family together to learn. If there are specific topics or ideas that you would like to see us deliver then please do email us.

Emotional Wellbeing

An opportunity to have guided support and tips on keeping your children emotionally well.

Family Wellbeing

Develop mindfulness strategies and tools with your family alongside finding time as a parent to look after your needs.

Learning Anytime

Virtual teaching on topics that will allow you to take the learning at your pace and when your little one is ready, day or night. For older children topics that will allow you to fit learning in around the their school work, mealtimes, downtime, socialising with peers and when they are ready to.

Starting the next stage in education

How to support your children's education journey whether they are starting primary or secondary school in September.

Surviving as a Family

Develop strategies and tools to eat healthily, maintain boundaries with technology, behaviour and tips to survive as a family.

Understanding English & Maths

Information on how to gain confidence to support your children's learning of all things Maths & English for KS1 & KS2.

Parenting

To recognise and accept children's feelings in a positive way and choose from a range of strategies to put fair boundaries into place. Ultimately, we want to improve parent/child relationships through the implementation of effective assertive techniques.

Partnerships

If you would like us to deliver any of our offer exclusively for your families, either online or face-to-face then please contact us. We are always looking at innovative ways to work in partnership to support Essex residents.

Commissioned Support

If you would like a bespoke service, training for staff or something that is outside our funding regulations then we can support through a commissioned service.

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