

Adult Community Learning

We are excited to share a range of **FREE online Family Learning courses** designed to support parents and carers. These courses cover topics such as:

- Supporting neurodiverse children
- Positive parenting strategies
- Understanding ADHD and ASD
- Managing big emotions
- Sleep workshops
- ESOL for families
- ...and many more!

All sessions are delivered **live online** and are completely free of charge. We can also offer these courses **in your school at no cost**, should you wish to host them for your families.

Registration is simple via: www.aclessex.com

(Parents can search by course name or browse under *Family Learning*.)

To make it easier, we've grouped the courses into two categories:

SEND-Focused Courses

Course Title	Start Date	Weeks	Time
Supporting Neurodiverse Children	08/01/2026	6	09:30
Understanding ADHD & ASD in Children	08/01/2026	6	18:00
Understanding ADHD	09/01/2026	1	09:00
Understanding ASD	09/01/2026	1	12:00
Understanding ADHD/ASD in Children	14/01/2026	6	09:30
Understand Anxiety for SEND Child	15/01/2026	2	18:00
Understanding Neurodiverse Children	16/01/2026	6	18:00
Support SEND Child Manage Big Emotion	21/01/2026	2	18:00
SEND Support for Families	22/01/2026	4	09:45

General Parenting Courses

Course Title	Start Date	Weeks	Time
Support Your Child Attend/Enjoy School	08/01/2026	6	13:00
Positive Parenting	08/01/2026	6	18:00
Sleep Workshop	09/01/2026	1	09:30
Sibling Rivalry	12/01/2026	2	09:30
Managing Big Emotions	13/01/2026	2	19:00
About Boys (Age 5–11)	13/01/2026	4	09:45
ESOL for Families	14/01/2026	6	18:00
ESOL for Parents	14/01/2026	5	09:30
Understand Teens' Anxieties	15/01/2026	2	09:30

Course Title	Start Date	Weeks	Time
Setting Boundaries	15/01/2026	2	13:00
Zones of Regulation	15/01/2026	1	19:00
Praise, Rewards & Limit Setting	15/01/2026	1	19:00
Talking So Your Children Will Listen	22/01/2026	2	19:00
Fussy Eaters	22/01/2026	1	19:00
Managing Anger in Young People	27/01/2026	2	19:00
Understanding Teens	29/01/2026	3	09:30