

**ACL**



TIPS, SKILLS & KNOWLEDGE TO SUPPORT FAMILIES  
**FREE WORKSHOPS FOR ALL  
PARENTS & CARERS**



**FREE!**  
all our courses are  
government funded

**CHOOSE A FREE COURSE TODAY!!**

**Why join a Family Learning Course?**

- ▶ Gateway to a lifetime of learning
- ▶ Progress to other opportunities
- ▶ Confidence in raising resilient teenager
- ▶ Fun, social and supportive
- ▶ Coping strategies for daily life challenges
- ▶ Enhanced family bonding



Search 'Family Learning' at [aclessex.com](http://aclessex.com)



call our friendly team on  
**03330 321 017**



**FREE !!!!! [ACL ESSEX Community and Family Learning courses available November 2023](#)**

<b>COURSE TITLE</b>	<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIMES</b>	<b>LINK TO BOOK</b>
FL Homework Club	Great Pardon Library	Monday	30 <sup>th</sup> October - 11 <sup>th</sup> December	16:00 – 17:45	<a href="#">ACL Essex FFL1B04Y23 FL Homework Club</a>
FL Puberty and Hygiene for SEND	Online Live	Tuesday	31 <sup>st</sup> October/7 <sup>th</sup> November	9:30 -11:30	<a href="#">ACL Essex DOL2A03Y23 FL Puberty And Hygiene For SEND</a>
FL Homework Club	ACL Harlow & The Library	Wednesday	1 <sup>st</sup> November – 13 <sup>th</sup> December	15:30 – 17:15	<a href="#">ACL Essex FFL3B07Y23 FL Homework Club</a>
FL SEND Support For Parents	Online Live	Wednesday	1 <sup>st</sup> /8 <sup>th</sup> and 15 <sup>th</sup> November	9:30 -11:30	<a href="#">ACL Essex DOL3A05Y23 FL SEND Support for Parents</a>
FL SEND Support - How To... Series	ACL Clacton	Thursday	2 <sup>nd</sup> - 23 <sup>rd</sup> November	9:30 -12:30	<a href="#">ACL Essex DFL4A10Y23 FL SEND Support - How To... Series</a>
FL Understanding Children	ACL Harlow & The Library	Thursday	2 <sup>nd</sup> November – 7 <sup>th</sup> December	13:30 -15:30	<a href="#">ACL Essex FFL4B01Y23 FL Understanding Children</a>
FL Family Life And ADHD	Harlequin Children's Centre	Friday	3 <sup>rd</sup> November	16:00 -17:00	Book through the Delivery Hub
FL Grateful Gouche - Wellbeing Art	Witham Library	Friday	3 <sup>rd</sup> November	13:00 – 15:00	<a href="#">ACL Essex JFL5B08Y23 FL 'Grateful Gouache' Wellbeing Art</a>

<b>COURSE TITLE</b>	<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIMES</b>	<b>LINK TO BOOK</b>
FL Managing Teen Anxiety	Online Live	Friday	3 <sup>rd</sup> November	18:30 – 20:30	<a href="#">ACL Essex DOL5C01Y23 FL Managing Teen Anxiety</a>
FL Multiply Making Maths Matter	Harlequin Children's Centre	Friday	3 <sup>rd</sup> November	13:30 -14:30	Book through the Delivery Hub
FL Preparing Your Child For Big School	Harlequin Children's Centre	Friday	3 <sup>rd</sup> November	14:45 – 15:45	Book through the Delivery Hub
FL SEND Support - How To... Series	ACL Colchester	Friday	3 <sup>rd</sup> - 24 <sup>th</sup> November	9:30 – 12:30	<a href="#">ACL Essex EFL5A04Y23 FL SEND Support - How To... Series</a>
FL Catharsis & Chalk Pastels - Wellbeing Art	Sible Heddingham Library	Saturday	4 <sup>th</sup> November	11:00 – 13:00	<a href="#">ACL Essex JFL6A03Y23 FL Catharsis &amp; Chalk Pastels Art</a>
Family Learning Festival	Harwich Library	Saturday	4 <sup>th</sup> November	11:00 - 13:00	No need to BOOK
Family Learning Festival	Halstead Library	Saturday	4 <sup>th</sup> November	13:00 -15:00	No need to BOOK
Family Learning Festival	Shenfield Library	Saturday	4 <sup>th</sup> November	10:00 – 12:00	No need to BOOK
FL Family Wellbeing	ACL Clacton	Monday	6 <sup>th</sup> - 27 <sup>th</sup> November	09:30 -11:30	<a href="#">ACL Essex DFL2B01Y23 FL Family Wellbeing</a>
FL Wellbeing	Online Live	Tuesday	7 <sup>th</sup> and 14 <sup>th</sup> November	9:30 – 11:30	<a href="#">ACL Essex DOL2A02Y23 FL Wellbeing</a>
FL This is Your Year	Online Live	Wednesday	8 <sup>th</sup> - 29 <sup>th</sup> November	9:15 – 13:45	<a href="#">ACL Essex DOL3A03Y23 FL This is your year</a>

<b>COURSE TITLE</b>	<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIMES</b>	<b>LINK TO BOOK</b>
FL Understanding Children	Online Live	Thursday	9 <sup>th</sup> November – 7 <sup>th</sup> December	19:00 – 21:00	<a href="#">ACL Essex DOL4C01Y23 FL Understanding Children</a>
FL Mindful Mandalas - Wellbeing Art	Halstead Library	Friday	10 <sup>th</sup> November	13:00 – 15:00	<a href="#">ACL Essex JFL5B04Y23 FL 'Mindful Mandalas' Wellbeing Art</a>
FL Christmas Craft	Laindon Library	Tuesday	14 <sup>th</sup> November – 19 <sup>th</sup> December	9:30 – 11:00	<a href="#">ACL Essex AFL2A03Y23 FL Christmas Craft</a>
FL Emotional Wellbeing for Parents	Online Live	Tuesday	14 <sup>th</sup> November – 5 <sup>th</sup> December	19:00 – 21:00	<a href="#">ACL Essex DOL2C02Y23 FL Emotional Wellbeing for Parents</a>
FL Family First Aid (ONLINE)	Online Live	Tuesday	14 <sup>th</sup> November	10:00 – 12:00	<a href="#">ACL Essex DOL2A09Y23 FL Family First Aid (ONLINE)</a>
FL Parent Ambassador New Cohort	Online Live	Tuesday	14 <sup>th</sup> November – 5 <sup>th</sup> December	9:30 – 11:30	<a href="#">ACL Parent Ambassador Programme - ACL Essex</a>
FL Raising Boys	Online Live	Tuesday	14 <sup>th</sup> November	09:30 – 11:30	<a href="#">ACL Essex DOL2A10Y23 FL Raising Boys</a>
FL Watercolour Washes and Self Esteem	ACL Witham	Tuesday	14 <sup>th</sup> November	18:30 – 20:30	<a href="#">ACL Essex JFL2C02Y23 FL Watercolour Washes And Self Esteem</a>

<b>COURSE TITLE</b>	<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIMES</b>	<b>LINK TO BOOK</b>
FL First Aid Workshop	Sydney House Childrens Centre	Wednesday	15 <sup>th</sup> November	10:00 – 11:30	Book through the Delivery Hub
FL Family English	ACL Basildon	Wednesday	15 <sup>th</sup> November – 6 <sup>th</sup> December	10:00 – 12:00	<a href="#">ACL Essex AFL3A05Y23 FL Family English</a>
FL Family Wellbeing	ACL Basildon	Thursday	16 <sup>th</sup> November – 7 <sup>th</sup> December	10:00 – 12:00	<a href="#">ACL Essex AFL4A01Y23 FL Family Wellbeing</a>
FL Anxiety in the Early Years	Online Live	Friday	17 <sup>th</sup> November	18:30 – 20:30	<a href="#">ACL Essex DOL5C02Y23 FL Anxiety In The Early Years</a>
FL Fun With Numbers - Get School Ready	ACL Maldon	Friday	17 <sup>th</sup> /24 <sup>th</sup> November	9:15 – 10:45	<a href="#">ACL Essex GFL5A01Y23 FL Fun With Numbers - Get School Ready</a>
FL SEND Support for Parents	ACL Harlow & The Library	Monday	20 <sup>th</sup> November	9:30-11:30	<a href="#">ACL Essex FFL1A03Y23 FL SEND Support for Parents</a>
FL SEND Support For Parents	Online Live	Wednesday	22 <sup>nd</sup> November – 6 <sup>th</sup> December	9:30 -11:30	<a href="#">ACL Essex DOL3A06Y23 FL SEND Support for Parents</a>
FL Understanding Anxiety (SEND)	Online Live	Thursday	23 <sup>rd</sup> November	18:30 – 20:30	<a href="#">ACL Essex DOL4C05Y23 FL Understanding Anxiety (SEND)</a>
FL Raising Girls	Online Live	Wednesday	28 <sup>th</sup> November	9:30 – 11:30	<a href="#">ACL Essex DOL2A11Y23 FL Raising Girls</a>

<b>COURSE TITLE</b>	<b>LOCATION</b>	<b>DAY</b>	<b>DATES</b>	<b>TIMES</b>	<b>LINK TO BOOK</b>
FL Multiply Building Blocks to Maths	ACL Clacton	Monday	30 <sup>th</sup> November	9:30 – 11:30	<a href="#">ACL Essex EFL1A03Y23 FL Multiply Building Blocks To Maths</a>
FL 'Drawing Your Breath' Wellbeing Art	ACL Witham	Friday	1 <sup>st</sup> December	9:30 – 11:30	<a href="#">ACL Essex JFL5A02Y23 FL 'Drawing Your Breath' Wellbeing Art</a>
FL 'Zen-like Zentangles' Wellbeing Art	Witham Library	Friday	1 <sup>st</sup> December	13:00 - 15:00	<a href="#">ACL Essex JFL5B09Y23 FL 'Zen-like Zentangles' Wellbeing Art</a>
FL Christmas Compliments & Coloured Glass	Sible Hedingham Library	Saturday	2 <sup>nd</sup> December	11:00-13:00	<a href="#">ACL Essex JFL6A04Y23 FL Christmas Compliments &amp; ColouredGlass</a>

Please check out our website ([www.aclessex.com](http://www.aclessex.com)) and [Facebook page](#) (search ACL Community and Family Learning) for any new courses that have been added since this has been published!

**ACL**

## PARENT AMBASSADOR PROGRAMME

**ONLINE LIVE**

**Are you a parent? Can you support other families in the local community whilst developing your skills?**



**Starts Tuesday 14th November  
for 4 weeks  
12:30 - 2:30pm**

Visit [acessex.com/parent-ambassador](https://acessex.com/parent-ambassador)  
to find out more and register.  
Telephone: 0345 603 7635



**ACL**



Essex County Council

Family & Community Learning

**FREE COMMUNITY & FAMILY LEARNING WORKSHOPS & COURSES!**

**TOPICS INCLUDE:  
PARENTING, WELLBEING, EARLY YEARS,  
SEND, UNDERSTANDING THE CURRICULUM,  
FINANCIAL WELLBEING, QUALIFICATIONS & EMPLOYMENT,  
SPECIALIST WORKSHOPS,  
PARENT AMBASSADOR VOLUNTEER PROGRAMME**



**FREE, local workshops and  
courses for families**



call our friendly team on  
**03330 321 017**

