

# Online

## **Mindfulness & Relaxation**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL1C70Y23&NAME=FL+Mindfulness+%26+Relaxation&ID1=9000&ID2=286456&ID3=1>

## **Setting Boundaries**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C42Y23&NAME=FL+Setting+Boundaries&ID1=9000&ID2=287473&ID3=1>

## **Understanding Neurodiverse Children**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4D46Y23&NAME=FL+Understanding+Neurodiverse+Children&ID1=9000&ID2=287491&ID3=1>

## **Anxiety Coping Techniques For Teens**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL1C71Y23&NAME=FL+Anxiety+Coping+Techniques+For+Teens&ID1=9000&ID2=286457&ID3=1>

## **Managing Big Emotions**

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

## **Managing Anxiety in Young People**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C71Y23&NAME=FL+Managing+Anxiety+In+Young+People&ID1=9000&ID2=287827&ID3=1>

## **Raising Girls**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C71Y23&NAME=FL+Raising+Girls&ID1=9000&ID2=287511&ID3=1>

## **SEND support for Parents & Carers (Special Educational Needs & Disabilities)**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2A71Y23&NAME=FL+SEND+Support+for+Parents+%26+Carers&ID1=9000&ID2=287408&ID3=1>

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL3C70Y23&NAME=FL+SEND+Support+for+Parents+%26+Carers&ID1=9000&ID2=287415&ID3=1>

# Basildon

**SEND support for Parents & Carers** (Special Educational Needs & Disabilities)

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL5A72Y23&NAME=FL+SEND+Support+For+Parents+%26+Carers&ID1=9000&ID2=287278&ID3=1>

**Supporting You and Your Family**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL5B71Y23&NAME=FL+Supporting+You+And+Your+Family&ID1=9000&ID2=287279&ID3=1>

**Managing Big Emotions**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL1A74Y23&NAME=FL+Managing+Big+Emotions&ID1=9000&ID2=287273&ID3=1>

**Understanding Anxiety In Children**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL1B73Y23&NAME=FL+Understanding+Anxiety+In+Children&ID1=9000&ID2=287276&ID3=1>

**Family ESOL** (English for Speakers of Other Languages)

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL2B42Y23&NAME=FL+Family+English+%28ESOL%29&ID1=9000&ID2=287177&ID3=1>

# Brentwood

**Develop ESOL Conversational skills** (English for Speakers of Other Languages)

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL3A71Y23&NAME=FL+Develop+English+Conversational+Skills&ID1=9000&ID2=287176&ID3=1>

# Chelmsford

**SEND Support For Parents & Carers** (Special Educational Needs & Disabilities)

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=CFL1B70Y23&NAME=FL+SEND+Support+For+Parents+%26+Carers&ID1=9000&ID2=287475&ID3=1>

**Family ESOL** (English for Speakers of Other Languages)

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=CFL5A41Y23&NAME=FL+Family+English+%28ESOL%29&ID1=9000&ID2=287180&ID3=1>

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=CFL5B42Y23&NAME=FL+Family+English+%28ESOL%29&ID1=9000&ID2=287184&ID3=1>

# Clacton

**Develop ESOL Conversational skills** (English for Speakers of Other Languages)

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=DFL5A70Y23&NAME=FL+Develop+ESOL+Conversational+Skills&ID1=9000&ID2=287828&ID3=1>

# Colchester

**SEND Support for Parents & Carers (Special Educational Needs & Disabilities)**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=EFL2A70Y23&NAME=FL+SEND+Support+for+Parents+%26+Carers&ID1=9000&ID2=287414&ID3=1>

**Understanding Childrens Anxiety**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=EFL2B70Y23&NAME=FL+Understanding+Childrens+Anxiety&ID1=9000&ID2=287416&ID3=1>

**Relaxing Art of Paper Craft**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=EFL2B71Y23&NAME=FL+Relaxing+Art+Of+Paper+Craft&ID1=9000&ID2=287417&ID3=1>

**Relaxing Art of Paper Craft**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=EFL2C70Y23&NAME=FL+Relaxing+Art+Of+Paper+Craft&ID1=9000&ID2=287908&ID3=1>

# Harlow

**SEND Support For Parents & Carers (Special Educational Needs & Disabilities)**

<https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL1A70Y23&NAME=FL+SEND+Support+for+Parents+%26+Carers&ID1=9000&ID2=287409&ID3=1>

**English Conversation and Role Play (English for Speakers of Other Languages)**

This course will be added to the website soon – please search via this link

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