

## FREE Courses with ACL Community & Family Learning - June & July 2024

Session Title	Start Date	Final Date	Venue	No. of Weeks	Start Time	End Time	URL
<b><u>Family Support Sessions</u></b>							
Covering anything from managing emotions, through to shopping on a budget, to wellbeing, and surviving the summer holidays.							
Food Shopping On A Budget	10/06/2024	10/06/2024	Online Live	1	18:30	20:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL1C75Y23&amp;NAME=Food+Shopping+On+A+Budget&amp;ID1=9000&amp;ID2=288255&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL1C75Y23&amp;NAME=Food+Shopping+On+A+Budget&amp;ID1=9000&amp;ID2=288255&amp;ID3=1</a>
Managing Big Emotions	11/06/2024	11/06/2024	Online Live	1	19:00	21:00	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C73Y23&amp;NAME=Managing+Big+Emotions&amp;ID1=9000&amp;ID2=288087&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C73Y23&amp;NAME=Managing+Big+Emotions&amp;ID1=9000&amp;ID2=288087&amp;ID3=1</a>
Managing Big Emotions	09/07/2024	09/07/2024	Online Live	1	19:00	21:00	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C78Y23&amp;NAME=Managing+Big+Emotions&amp;ID1=9000&amp;ID2=288236&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C78Y23&amp;NAME=Managing+Big+Emotions&amp;ID1=9000&amp;ID2=288236&amp;ID3=1</a>
Parental Self Care	11/07/2024	18/07/2024	ACL Harlow & The Library	2	10:00	12:00	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL4A73Y23&amp;NAME=Parental+Self+Care&amp;ID1=9000&amp;ID2=288131&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL4A73Y23&amp;NAME=Parental+Self+Care&amp;ID1=9000&amp;ID2=288131&amp;ID3=1</a>
Raising Boys	18/06/2024	25/06/2024	Online Live	2	19:00	21:00	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C75Y23&amp;NAME=Raising+Boys&amp;ID1=9000&amp;ID2=288091&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C75Y23&amp;NAME=Raising+Boys&amp;ID1=9000&amp;ID2=288091&amp;ID3=1</a>
Setting Family Boundaries	13/06/2024	13/06/2024	ACL Basildon	1	09:30	11:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL4A76Y23&amp;NAME=Setting+Family+Boundaries&amp;ID1=9000&amp;ID2=288104&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL4A76Y23&amp;NAME=Setting+Family+Boundaries&amp;ID1=9000&amp;ID2=288104&amp;ID3=1</a>
Sibling Rivalry	18/07/2024	18/07/2024	Online Live	1	19:00	21:00	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C76Y23&amp;NAME=Sibling+Rivalry&amp;ID1=9000&amp;ID2=288092&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C76Y23&amp;NAME=Sibling+Rivalry&amp;ID1=9000&amp;ID2=288092&amp;ID3=1</a>

Surviving The Summer For Parents	04/07/2024	18/07/2024	ACL Basildon	3	12:30	14:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL4B74Y23&amp;NAME=Surviving+The+Summer+For+Parents&amp;ID1=9000&amp;ID2=288228&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL4B74Y23&amp;NAME=Surviving+The+Summer+For+Parents&amp;ID1=9000&amp;ID2=288228&amp;ID3=1</a>
Surviving The Summer For Parents	04/07/2024	18/07/2024	Online Live	3	19:00	21:00	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C78Y23&amp;NAME=Surviving+The+Summer+For+Parents&amp;ID1=9000&amp;ID2=288234&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C78Y23&amp;NAME=Surviving+The+Summer+For+Parents&amp;ID1=9000&amp;ID2=288234&amp;ID3=1</a>
The Teen Brain	02/07/2024	02/07/2024	Online Live	1	19:00	21:00	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C76Y23&amp;NAME=The+Teen+Brain&amp;ID1=9000&amp;ID2=288093&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C76Y23&amp;NAME=The+Teen+Brain&amp;ID1=9000&amp;ID2=288093&amp;ID3=1</a>
Understanding ADHD	07/06/2024	14/06/2024	ACL Basildon	2	09:30	11:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL5A71Y23&amp;NAME=Understanding+ADHD&amp;ID1=9000&amp;ID2=288124&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL5A71Y23&amp;NAME=Understanding+ADHD&amp;ID1=9000&amp;ID2=288124&amp;ID3=1</a>
Understanding Children's Anxieties	03/07/2024	10/07/2024	Online Live	2	09:30	11:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL3A70Y23&amp;NAME=Understanding+Children%27s+Anxieties&amp;ID1=9000&amp;ID2=287967&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL3A70Y23&amp;NAME=Understanding+Children%27s+Anxieties&amp;ID1=9000&amp;ID2=287967&amp;ID3=1</a>
Wellbeing Activities For Parents	12/07/2024	19/07/2024	ACL Basildon	2	12:30	14:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL5B72Y23&amp;NAME=Wellbeing+Activities+For+Parents&amp;ID1=9000&amp;ID2=288126&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL5B72Y23&amp;NAME=Wellbeing+Activities+For+Parents&amp;ID1=9000&amp;ID2=288126&amp;ID3=1</a>
Zones Of Regulation	16/07/2024	16/07/2024	Online Live	1	19:00	21:00	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C74Y23&amp;NAME=Zones+Of+Regulation&amp;ID1=9000&amp;ID2=288089&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C74Y23&amp;NAME=Zones+Of+Regulation&amp;ID1=9000&amp;ID2=288089&amp;ID3=1</a>

### SEN Support For Parents & Carers

Whether your child has been assessed & identified as having Special Educational Needs, or they are yet to be assessed for a specific need, or maybe you feel slightly isolated and could find comfort in speaking with others to share experiences, views and gain advice ... you are welcome to join us.

SEN Support For Parents & Carers	11/06/2024	16/07/2024	Online Live	6	09:30	11:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2A72Y23&amp;NAME=SEN+Support+For+Parents+%26+Carers&amp;ID1=9000&amp;ID2=290337&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2A72Y23&amp;NAME=SEN+Support+For+Parents+%26+Carers&amp;ID1=9000&amp;ID2=290337&amp;ID3=1</a>
SEN Support For Parents & Carers	12/06/2024	17/07/2024	Online Live	6	19:00	21:00	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL3C72Y23&amp;NAME=SEN+Support+For+Parents+%26+Carers&amp;ID1=9000&amp;ID2=290338&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL3C72Y23&amp;NAME=SEN+Support+For+Parents+%26+Carers&amp;ID1=9000&amp;ID2=290338&amp;ID3=1</a>
SEN Support For Parents & Carers	17/06/2024	22/07/2024	ACL Chelmsford	6	12:30	14:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=CFL1B71Y23&amp;NAME=SEN+Support+For+Parents+%26+Carers&amp;ID1=9000&amp;ID2=290207&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=CFL1B71Y23&amp;NAME=SEN+Support+For+Parents+%26+Carers&amp;ID1=9000&amp;ID2=290207&amp;ID3=1</a>

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### Sessions to promote Fun Learning, and support Next Steps in your child's Educational Journey

Whether your child is ready for that next step to join nursery, primary, junior or secondary school, we have FREE adult sessions to support you to help your child with the transition at home. We also provide sessions for families to attend to complete learning activities and have fun together in order to develop Maths, English, Science and Art skills.

Fun After School Family Learning	13/06/2024	13/06/2024	ACL Basildon	1	15:30	17:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL4B77Y23&amp;NAME=Fun+After+School+Family+Learning&amp;ID1=9000&amp;ID2=290342&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL4B77Y23&amp;NAME=Fun+After+School+Family+Learning&amp;ID1=9000&amp;ID2=290342&amp;ID3=1</a>
Fun Family Learning - The Next Steps	26/06/2024	31/07/2024	ACL Harlow & The Library	6	15:15	17:15	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL3B78Y23&amp;NAME=Fun+Family+Learning+%2D+The+Next+Steps&amp;ID1=9000&amp;ID2=288077&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL3B78Y23&amp;NAME=Fun+Family+Learning+%2D+The+Next+Steps&amp;ID1=9000&amp;ID2=288077&amp;ID3=1</a>
Learning For The New Academic Year	17/06/2024	22/07/2024	Great Parndon Library	6	15:45	17:45	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL1B72Y23&amp;NAME=Learning+For+The+New+Academic+Year&amp;ID1=9000&amp;ID2=288056&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL1B72Y23&amp;NAME=Learning+For+The+New+Academic+Year&amp;ID1=9000&amp;ID2=288056&amp;ID3=1</a>
Starting Primary/Junior School	05/07/2024	12/07/2024	ACL Basildon	2	09:30	11:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL5A74Y23&amp;NAME=Starting+Primary%2FJunior+School&amp;ID1=9000&amp;ID2=288235&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL5A74Y23&amp;NAME=Starting+Primary%2FJunior+School&amp;ID1=9000&amp;ID2=288235&amp;ID3=1</a>
Starting School & Nursery	17/06/2024	17/06/2024	Online Live	1	18:30	20:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL1C73Y23&amp;NAME=Starting+School+%26+Nursery&amp;ID1=9000&amp;ID2=286487&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL1C73Y23&amp;NAME=Starting+School+%26+Nursery&amp;ID1=9000&amp;ID2=286487&amp;ID3=1</a>
Starting Secondary School	15/07/2024	15/07/2024	Online Live	1	18:30	20:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL1C74Y23&amp;NAME=Starting+Secondary+School&amp;ID1=9000&amp;ID2=286488&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL1C74Y23&amp;NAME=Starting+Secondary+School&amp;ID1=9000&amp;ID2=286488&amp;ID3=1</a>

### First Aid Workshops

Our FREE First Aid Workshops will give you an introduction to first aid, including current advice for dealing with choking, CPR and burns with children, including those in the early years.

Family First Aid	27/06/2024	27/06/2024	ACL Witham	1	09:30	11:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=JFL4A71Y23&amp;NAME=Family+First+Aid&amp;ID1=9000&amp;ID2=287943&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=JFL4A71Y23&amp;NAME=Family+First+Aid&amp;ID1=9000&amp;ID2=287943&amp;ID3=1</a>
Family First Aid	27/06/2024	27/06/2024	ACL Witham	1	12:30	14:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=JFL4B71Y23&amp;NAME=Family+First+Aid&amp;ID1=9000&amp;ID2=287944&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=JFL4B71Y23&amp;NAME=Family+First+Aid&amp;ID1=9000&amp;ID2=287944&amp;ID3=1</a>
First Aid Workshop	10/07/2024	10/07/2024	Harwich Library	1	10:00	11:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL4B40Y23&amp;NAME=First+Aid+Worshop&amp;ID1=9000&amp;ID2=287076&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL4B40Y23&amp;NAME=First+Aid+Worshop&amp;ID1=9000&amp;ID2=287076&amp;ID3=1</a>

### ESOL Courses (English For Speakers of Other Languages)

Join our FREE sessions to practice your English skills, support your family to be more confident with speaking English, or learn some British activities to do with your family over the summer holidays.

ESOL Develop English Speaking	03/07/2024	17/07/2024	ACL Brentwood	3	09:30	11:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=BFL3A72Y23&amp;NAME=ESOL+Develop+English+Speaking+Skills&amp;ID1=9000&amp;ID2=287955&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=BFL3A72Y23&amp;NAME=ESOL+Develop+English+Speaking+Skills&amp;ID1=9000&amp;ID2=287955&amp;ID3=1</a>
ESOL English Skills	10/07/2024	17/07/2024	ACL Harlow & The Library	2	09:30	11:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL3A76Y23&amp;NAME=ESOL+English+Skills&amp;ID1=9000&amp;ID2=288079&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL3A76Y23&amp;NAME=ESOL+English+Skills&amp;ID1=9000&amp;ID2=288079&amp;ID3=1</a>
ESOL English Speaking Skills	28/06/2024	12/07/2024	ACL Chelmsford	3	12:30	14:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=CFL5B79Y23&amp;NAME=ESOL+English+Speaking+Skills&amp;ID1=9000&amp;ID2=287957&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=CFL5B79Y23&amp;NAME=ESOL+English+Speaking+Skills&amp;ID1=9000&amp;ID2=287957&amp;ID3=1</a>
ESOL English Speaking Skills	02/07/2024	16/07/2024	ACL Basildon	3	12:30	14:30	<a href="https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL2B72Y23&amp;NAME=ESOL+English+Speaking+Skills&amp;ID1=9000&amp;ID2=287956&amp;ID3=1">https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL2B72Y23&amp;NAME=ESOL+English+Speaking+Skills&amp;ID1=9000&amp;ID2=287956&amp;ID3=1</a>