**FREE PARENTING/CARERS SESSIONS**

**May sessions are listed below. Visit our website as sessions after May are already available to book.**

[**https://aclessex.com/community-family-learning/**](https://aclessex.com/community-family-learning/)

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| **Online** |
| **Positive Parenting**  <https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL3A71Y23&NAME=FL+Positive+Parenting&ID1=9000&ID2=287961&ID3=1>  **Managing Anger In Young People**  <https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C72Y23&NAME=FL+Managing+Anger+In+Young+People&ID1=9000&ID2=287515&ID3=1>  **What To Expect When …  Moving out of the family home/ Shopping & budgeting / Organising Childcare**  <https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL1C72Y23&NAME=FL+Multiply+What+To+Expect+When%2E%2E%2E&ID1=9000&ID2=286486&ID3=1>  **Zones of Regulation (support your child to regulate emotions)**  <https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C74Y23&NAME=FL+Zones+Of+Regulation&ID1=9000&ID2=287829&ID3=1>  **Sibling Rivalry**  <https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL2C70Y23&NAME=FL+Sibling+Rivalry&ID1=9000&ID2=287831&ID3=1>  **Managing Big Emotions**  <https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL4C73Y23&NAME=FL+Managing+Big+Emotions&ID1=9000&ID2=287832&ID3=1> |

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| **Basildon** |
| **Understanding Children’s Anxiety**  <https://courses.aclessex.com/CourseDetailsView.asp?CODE=AFL4A75Y23&NAME=FL+Understanding+Children%27s+Anxiety&ID1=9000&ID2=288094&ID3=1> |

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| **Harlow** |
| **Family Wellbeing at Harlow Library**  <https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL3B71Y23&NAME=FL+Family+Wellbeing&ID1=9000&ID2=287489&ID3=1>  **Fun Family Learn & Play at Harlow Library**  <https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL3B77Y23&NAME=FL+Fun+Family+Learn+And+Play&ID1=9000&ID2=288076&ID3=1>  **Fun Family Learning – The Next Steps at Great Parndon Library**  <https://courses.aclessex.com/CourseDetailsView.asp?CODE=FFL1B71Y23&NAME=FL+Fun+Family+Learning+%2D+The+Next+Steps&ID1=9000&ID2=288055&ID3=1> |

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| **Halstead** |
| **Wellbeing Art at Halstead Library** <https://courses.aclessex.com/CourseDetailsView.asp?CODE=JFL5B73Y23&NAME=FL+Wellbeing+Art+Workshop&ID1=9000&ID2=286965&ID3=1> |

*Adult Community Learning – The Community & Family Learning Team*

*Supporting You & Your Family from birth to 18*