

Here are some FREE sessions that may be of interest from ACL Essex Community and Family Learning - Check out their Events page on [Facebook](https://www.facebook.com/aclessex) for direct links to all sessions, or visit the website: aclessex.com/community-family-learning/

WEEK COMMENCING 4TH OCTOBER 2021

MONDAY

9:30-11:30am

-Storysacks (for parents of Pear Tree Mead School ONLY)

TUESDAY

9:30-11:30am

-Introduction to Mindfulness (for parents of Sir Martin Frobisher Academy ONLY)

-Managing Big Emotions-2 week (online)

- Encouraging Reading -2 week (online)

12:30-2:30pm

Dyslexia and Kids

7:00-9:30pm

This is your year – holistic employability course

WEDNESDAY

9:30-11:30am

-SEND series (online)
What is autism, sensory sensitivities, improving sleep

-Growth Mindset for parents (online)

12:30-2:30pm

-Children understanding the word No! (online)

THURSDAY

9:30-11:30am

-Parents and kids (online)

FRIDAY

9:30-11:30am

-Building Parental self-confidence (online)

-Applying for secondary school (for parents of William Martin Infant and Junior School ONLY)