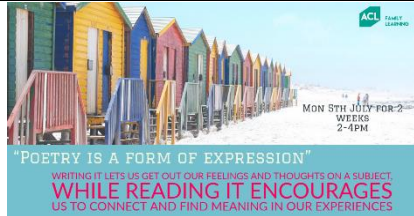




Monday 5th July 2021



FL Meet the poet in you
Monday 05/07/2021
(delivered over 2 weeks)
14:00-16:00
Delivered at ACL Clacton

This course will give you the chance to explore some coastal themed poetry and find your inner poet. You do not need to have studied poetry before, come along and find out how enjoyable poetry can be.

To book:
<https://tinyurl.com/mv49tut8>

Wednesday 7th July 2021



FL Encouraging Reading in the Holidays
Wednesday 07/07/2021
(just this session)
19:00-21:00
Delivered online

This workshop is for Primary aged children. We will explore ways to keep your child reading during the holidays, taking it outdoors, games etc

To book:
<https://tinyurl.com/encouraging-reading-holidays>

Thursday 8th July 2021



FL Fussy Eaters
Thursday 08/07/2021
(delivered over 2 weeks)
13:00-14:30
Delivered online

Ideas on how support you as a parent if you have a fussy eater.

To book:
<https://tinyurl.com/4426cc48>



FL Sleep Clinic
Thursday 08/07/2021
(just this session)
12:30-14:30
Delivered online


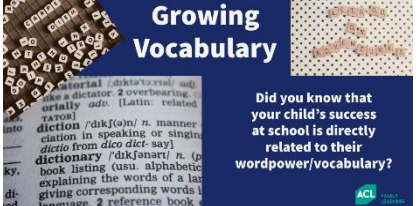


This workshop will explore the subject of sleep. Do you have children who are having difficulties getting to sleep or staying asleep? Join us to learn some techniques on how to help your child develop a healthy sleep pattern. Helping you and your children to get a good night's sleep.

To book:
<https://tinyurl.com/sleep-clinic-parents>



**FAMILY
LEARNING**



 <p>Worried about how safe your kids are online?</p> <p>Thursday 8th July 7-9pm</p> <p>For parents and their children (this is a great opportunity to bring your children along as it all starts with talking to them!)</p>	<p>FL Keeping Children Safe on the Internet</p> <p>Thursday 08/07/2021 (just this session) 19:00-21:00 Delivered online</p>	<p>This workshop will give you an introduction to internet safety. It will give you the chance to understand the latest issues our children are facing online and how to put measures in place to keep them safe. For parents and their children aged over 8.</p>	<p>To book: https://tinyurl.com/yp2maedp</p>
Monday 12th July 2021			
 <p>Growing Vocabulary</p> <p>Monday 12/07/2021 (just this session) 12:30-14:30 Delivered online</p> <p>Did you know that your child's success at school is directly related to their wordpower/vocabulary?</p>	<p>FL Growing Vocabulary</p> <p>Monday 12/07/2021 (just this session) 12:30-14:30 Delivered online</p>	<p>Did you know that your child's success at school is directly related to their wordpower/vocabulary? You can give them the best possible chance in life by developing their vocabulary through books, games and activities. Find out more on this workshop.</p>	<p>To book: https://tinyurl.com/7ux2xdn2</p>
Wednesday 14th July 2021			
 <p>Outdoor Ideas for Exhausted Parents</p> <p>Wednesday 14/07/2021 (just this session) 9:30-11:30 Delivered at ACL Maldon</p> <p>Help is on hand to keep them entertained for the summer. FREE at ACL Maldon</p>	<p>FL Outdoor Ideas for exhausted parents</p> <p>Wednesday 14/07/2021 (just this session) 9:30-11:30 Delivered at ACL Maldon</p>	<p>Do you want to get outside more with your children but not sure how to make the best of outdoor play? Are you exhausted from entertaining them? This course will explore how you can make outdoors fun with your little ones.</p>	<p>To book: https://tinyurl.com/outdoor-ideas-parents</p>
 <p>Operation: Summer Break!!</p> <p>How to plan a great Summer for your family</p> <p>Tips on having a great Summer</p> <p>Are you ready?</p> <p>Wednesday 14/07/2021 (delivered over 2 weeks) 9:30-11:30 Delivered online</p>	<p>FL Operation Summer Break</p> <p>Wednesday 14/07/2021 (delivered over 2 weeks) 9:30-11:30 Delivered online</p>	<p>How to maximise family wellbeing this summer without breaking the bank (or you!) How to plan a summer that recharges and reconnects you. We will look at planning fun projects at home and activities that will feed your child's mind! As well as tips on how to take the pressure off you!</p>	<p>To book: https://tinyurl.com/ydv89swp</p>



**FAMILY
LEARNING**



Thursday 15th July 2021

	<p>FL Family First Aid Thursday 15/07/2021 (just this session) 19:00-21:00 Delivered online</p>	<p>This workshop will give you an introduction to first aid. It will give you current advice for young children such as dealing with choking, CPR and burns. Delivered online</p>	<p>To book: https://tinyurl.com/vjv9rv6m</p>
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Tuesday 20th July 2021

	<p>FL Teaching Kids good money habits Thursday 20/07/2021 (just this session) 19:00-21:00 Delivered online</p>	<p>This workshop is for parents of 7-16yrs. We will look at the importance of and how to teach them good money habits, ways to stop them nagging for top ups during the holidays or holiday budgeting.</p>	<p>To book: https://tinyurl.com/2nwvtyw</p>
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Wednesday 21st July 2021

	<p>FL Money Matters for teens Wednesday 21/07/2021 (just this session) 19:00-21:00 Delivered online</p>	<p>Tips for helping your teen manage their money and help you avoid being the Bank of Mum & Dad. Tips to help them find a part time job and why saving is important.</p>	<p>To book: https://tinyurl.com/x9ttbjsw</p>
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Tuesday 27th July 2021

	<p>FL Coastal Quiz Tuesday 27/07/2021 (just this session) 19:00-20:30 Delivered online</p>	<p>A fun and interactive quiz for the whole family. Come along and test your coastal knowledge.</p>	<p>To book: https://tinyurl.com/3vcarbvp</p>
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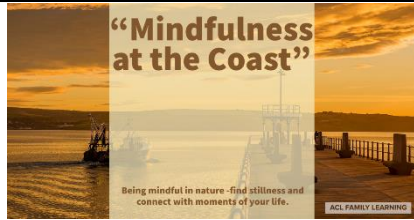




**FAMILY
LEARNING**



Thursday 29th July 2021



FL Mindfulness at the coast
Thursday 29/07/2021
(just this session)
19:00-20:30
Delivered online

This workshop will teach you how to be mindful in everyday life. It will focus on how to be mindful at the coast.

To book:
<https://tinyurl.com/ybwsua6d>

Friday 30th July 2021



FL Indoor picnic with Storytime and creative play
Friday 30/07/2021
(just this session)
11:30-13:00
Delivered at ACL Maldon

Want ideas to occupy your little ones on rainy days/sunny days away from crowds and stuck for ideas. Join us for this FREE teddy bears picnic (please bring your own food) and we will show you how to “share a story” rather than read one and what other fun activities you can do that help little ones learn whilst doing the hard work of PLAY.

To book:
<https://tinyurl.com/9rrdbrdf>

All these sessions are delivered by ACL Community and Family Learning either face-to-face or online and are FREE group-based support for any parent/carer/guardian living in Essex caring for a child under 18.

Please feel free to share with anyone else you feel would benefit, living in Essex.

Please visit [our website](#) for specific course details or visit our [Facebook group](#).

For more information please contact us:

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