

# ACL

# FAMILY LEARNING

## SESSIONS TO SUPPORT YOU & YOUR FAMILY

FREE

- Managing Big Emotions
- Mindfulness & Relaxation
- Raising Girls

- SEND Support For Parents & Carers
- Setting Boundaries
- Supporting Children & Teens With Anxiety

- Supporting You & Your Family
- Understanding Children
- Understanding Neurodiverse Children

MENTAL HEALTH

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& type 'FL' in the Find a course box to view the sessions listed



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Essex County Council