



ACL

FREE!

# Setting Clear Boundaries For Children Online Live Course

On this 1 week course for Parents/Carers you will learn how to set healthy boundaries with your children.

- Understand why boundaries are essential for children's emotional and social development
- Discover practical strategies for setting clear, consistent limits
- Learn how boundaries build respect, trust, and independence

Gain confidence in handling challenging situations with calm authority

**Date:** 24/03/2026

**Time:** 19:00 - 21:00

Scan the QR code, or Visit our website [aclessex.com](https://aclessex.com) and type "BOUNDARIES" or "HO2C47OL25" in the 'Find a course...' box



**aclessex.com**  
**0345 603 7635**



Essex County Council