

ACL

FREE

FAMILY SUPPORT SESSIONS FOR PARENT & CARERS

ONLINE



An opportunity for parents/carers, to come along and connect with a community dedicated to positive growth and development.
All sessions are online

Sibling Rivalry

11/03/2025 1900 - 2100 Search 'Sibling' via our website

Sleep For Wellbeing

13/03/2025 0930 - 1130 Search 'Bitesize Sleep' via our website

Managing Big Emotions

25/03/2025 1900 - 2100 or 28/03/2025 1230 - 1430
Search 'Big Emotions' via our website

Family Wellbeing

27/03/2025 0930 - 1130 Search 'Family Wellbeing' via our website

Visit our website [aclessex.com](https://www.aclessex.com) and type the key words above in to the 'Find a course...' box