

FREE

**ONLINE WORKSHOPS
FOR
PARENTS & CARERS**



**NEW session
subjects added
regularly!**

**SETTING BOUNDARIES
MANAGING BIG EMOTIONS
UNDERSTANDING CHILDREN'S ANXIETY
SAVE ENERGY, SAVE MONEY
WINTER BUDGETING**



SCAN ME

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NEED HELP? EMAIL ACLFAMILYLEARNING@ESSEX.GOV.UK**

