



Community & Family Learning Courses

COURSE TITLE	VENUE	START DATE	START TIME	END TIME
FL ZONES OF REGULATION	ONLINE LIVE	02/12/2025 (2 WEEKS)	09:45	11:45
FL UNDERSTANDING AND MANAGING ANGER	ONLINE LIVE	4/12/2025 (2 WEEKS)	19:00	21:00
FL MANAGING BIG EMOTIONS	ONLINE LIVE	10/12/2025	19:00	21:30
FL UNDERSTANDING DYSLEXIA	ONLINE LIVE	10/12/2025	12:30	14:30
FL ROUTINES RULE	ONLINE LIVE	12/12/2025	12:30	15:00

If you would like to enrol on to a FREE course please Visit our website [aclessex.com](https://www.aclessex.com) and type the course title in the 'Find a course...' box

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Essex County Council