



Free courses for parents & carers

19th - 30th October 2026

Gain practical **tips and techniques** you can use straight away.

Be around others that 'get it' in our **supportive and friendly** sessions.

Monday	Tuesday	Wednesday	Thursday	Friday
19th October	20th October	21st October	22nd October	23rd October
Managing Anger in Young People Online Live 7:00 - 9:00pm	Separation Anxiety (Primary) Online Live 7:00 - 9:00pm	Separation Anxiety (Early Years) Online Live 7:00 - 9:00pm	Managing Conflict at Home Online Live 7:00 - 9:00pm	Building Better Routines Online Live 9:30 - 11:30am
26th October	27th October	28th October	29th October	30th October
Half Term Week! Visit aclessex.com to see what's starting soon.				



To book, please visit **aclessex.com** and search the course name or give us a call on **0345 603 7635**.

