



Free courses for parents & carers

5th - 16th 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
5th October	6th October	7th October	8th October	9th October
	Zones of Regulation Online Live 12:30 - 2:30pm	Understanding ASC in Children Online Live 6:30 - 8:30pm Managing Big Emotions Online Live 7:00 - 9:00pm	Understanding Children's Anxiety Online Live 7:00 - 9:00pm	Understanding Teens Anxiety Online Live 9:30 - 11:30am
12th October	13th October	14th October	15th October	16th October
	Family First Aid Online Live 7:00 - 9:00pm		Family First Aid Online Live 9:30 - 11:30am	



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

