



FAMILY
LEARNING



ACL FAMILY LEARNING

HOW ARE YOU FEELING?

ARE YOU MANAGING TO BALANCE FAMILY LIFE OR IS IT STRESSFUL?

TAKE THIS TIME FOR YOURSELF TO BE ABLE TO RELAX AND BE MINDFUL OF YOUR SURROUNDINGS.
YOU CAN THEN TRANSFER THESE NEW SKILLS TO YOUR FAMILY LIFE AND TEACH YOUR CHILDREN.

FAMILY MINDFULNESS

Wednesday 4th
and 11th November
12:30 - 2:30pm

Family Mindfulness

2-week course to support your family to find some balance in these crazy times.

Book now to join us on these FREE online, interactive sessions.

Book Now:

<https://tinyurl.com/Family-Mindfulness-4th-Nov>

For more information: <https://aclessex.com/community-family-learning-online/>

And check out our Facebook page: <https://www.facebook.com/groups/552150055488898/>

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Essex County Council