



All Saints Maldon – Adult Community Learning 2025

Tuesday Morning: 9.00am-11.00am

Sharon Hopkins – Tutor

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Session Date	Session Overview	Course Code	Duration of Course 2 hrs per session
28.01.25	ACL & All Saints Maldon Drop in and Sign up Session	GFL2A40Y24	1 Week
04.02.25	Healthy Minds – Supporting Anxiety and Building Resilience in Children	GFL2A41Y24	2 Weeks
11.02.25	Family First: Foundations for family wellbeing		
Half Term			
25.02.25	Smart Cooking – Budget friendly healthy family meal planning.	GFL2A42Y24	1 Week
04.03.25	Developing Positive relationships with our children	GFL2A44Y24	5 Weeks
11.03.25	Play and Communication		
18.03.25	Praise & Rewards		
25.03.25	Rules, Routines and limit setting		
01.04.25	Managing Behaviour		
Easter Holiday			
	Course for Mums of Boys Aged 5-11	TBC	4 Weeks
29.04.25	About Boys Course Session 1		
06.05.25	About Boys Course Session 2		
13.05.25	About Boys Course Session 3		
20.05.25	About Boys Course Session 4		
Half Term Holiday			
03.06.25	Smart Cooking 2 – Budget friendly healthy family meal planning.	GFL2A70Y24	1 Week
10.06.25	Keeping Safe online	GFL2A71Y24	1 Week
17.06.25	Terrific Transitions - Getting Ready for Secondary School	GFL2A72Y24	1 Week
24.06.25	Money Matters – supporting our children to understand and manage money	GFL2A73Y24	1 Week
01.07.25	Terrific Transitions - Getting Ready for Early Years	TBC	1 Week
TBC	Preparing for the Summer Holidays - Top Tips and Activities	TBC	1 Week
TBC	Celebrations and future planning	TBC	1 Week
Summer Holiday			