



☀️ Help Your Child Master Their Emotions ☀️

Join our transformative sessions designed to equip you with information to support your child to understand their emotions, & to self regulate.

**COMMUNITY &
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Talking So Children Will Listen

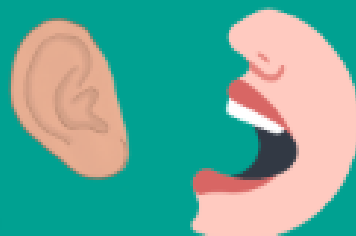
Effective communication is the foundation of a healthy parent-child relationship. During our online workshops, parents and caregivers will learn the skills needed to communicate with their children in a constructive and encouraging way. This course emphasises the importance of using positive language, avoiding harmful labels, and fostering open dialogue that supports a child's emotional development. By understanding how words can shape a child's self-perception and behavior, participants will gain tools to nurture a more trusting and connected relationship with their child.

Sign up via the QR code or website:
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email us - aclfamilylearning@essex.gov.uk



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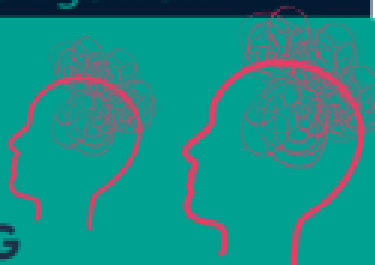
Empower Your Child, Ease Their Anxiety.

Unlock parenting skills to help your anxious child thrive. Join our online courses to gain essential tips and tools to support and empower your child through anxiety. Discover practical strategies and compassionate approaches that make a real difference.

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FREE



Raising Boys, Raising Girls

Join one of our 'Raising Boys' or 'Raising Girls' sessions (or BOTH!) Find out how to support your son, or daughter's, growth into a confident and resilient individual. Sign up today!

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