

Family Learning are delivering the following **free** workshops / courses.

All will be delivered at The Learning Place, Derby Road, North End.

Adult workshops	
Reducing Stress and Anxiety What can we do to help ourselves; When & where to seek further help	Mon 26 th April at 10am - 12pm
Family Learning Workshops for parents to support their child	
Reducing Stress and Anxiety in your child Investigate ways to support your child during anxious times	Tues 27 th April at 10am - 12pm
Developing Mindfulness, Wellbeing and self-esteem in your child Developing self - awareness, managing emotions and increasing focus and attention	Tues 4 th May at 10am - 12pm
Helping your child to get a better night's sleep If your child is having difficulty sleeping during these troubling times come and find out some tips and hints to help them get a better night's sleep.	Tues 11 th May at 10am - 12pm
Digital Safety - keeping your child safe online Help to keep your child safe on the internet and support them in their online world	Tues 18 th May at 10am - 12pm
Family Learning Courses	
Parent Power (5 week course) An opportunity to share experiences, receive helpful hints and tips to help reduce those stressful moments.	Tues afternoons 1pm to 2.30pm 27 th April 4 th 11 th 18 th 25 th May
Storybooks Art & Craft (5 week course) For parents of year R & 1 to update their knowledge of reading and fine motor skills using a variety of craft activities.	Tues afternoons 1pm to 2.30pm 27 th April 4 th 11 th 18 th 25 th May
Support your junior school child with English (5 week course) Experience different methods and strategies of how your children are learning English skills.	Wed afternoons 1pm to 2.30pm 28 th April 5 th 12 th 19 th 26 th May
Support your infant school child with English (4 week course) Review what your child has learnt so far and prepare for the next school year and a fun filled joint session at half term.	Wed mornings 9.30am to 12pm 12 th 19 th 26 th May Family Session 2 nd June

For further information please see our website learn.portsmouth.gov.uk

Or The Learning Place at thelearningplace@portsmouthcc.gov.uk

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