



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