



**Havering  
Adult College**

# Family Learning

**Free courses currently online**

family learning adult only courses to help you support your family.

**Enrolment taking place now**

All courses are short and all are accredited. All are taught by professional, passionate and caring teachers who will bring experience and ideas to the sessions. Understand what someone in your family may be experiencing and learn how to give them that extra support.

## Available online courses

### **Raising Confident Children**

Improve your parent-child relationship, develop communication skills and promote family wellbeing.

### **Supporting Families with ADHD**

Gain an awareness of strategies to support your child with ADHD and an understanding of ways in which ADHD can be managed.

### **Supporting Families with Emotional Wellbeing**

Learn what is meant by the terms emotional well-being and mental health and develop some strategies to support your child with their emotional well-being and mental health.

### **Supporting Families with Anxiety**

Gain an understanding of anxiety and ways you can support your child with anxiety.

### **Supporting Families and Young People with Healthy Relationships**

A fun and relaxed course helping you talk to your children about sex, relationships and growing up.

### **Supporting Families with Trauma**

Gain an understanding of post-traumatic stress disorder (PTSD) or trauma, the causes, the effect it can have and ways in which trauma can be managed.

### **Keeping Children Safe Online**

Understand how to safeguard children, families and yourself when using websites, games, social media and apps.

### **Understanding Challenging Behaviour**

Develop some strategies to use with your child to tackle behaviour which is deemed to be challenging, both at home and at school.

### **Supporting Families with Autism**

Seeing the world through your child's eyes.

### **Recognising and Safeguarding Against Knife Crime**

Improve your knowledge of the law regarding knife crime and gain an understanding of how to manage and talk about this challenging issue.

**Email Enquiries-[AdultCollege@havering.gov.uk](mailto:AdultCollege@havering.gov.uk) or call  
01708 434955 for more information or to enrol.**