FAMILY LEARNING COURSES 2024/25

Our courses are free of charge and delivered virtually via Zoom unless specified

Family First Aid Swanscombe Family Hub	Thursday 19th Sept – Thursday 3rd October 2024 (3 sessions) 12.30pm – 2.30pm
Managing Children's Behaviour Online via Zoom	Tuesday 24th September – Tuesday 15th October 2024 (4 sessions) 12.30pm – 2.30pm
Supporting ADHD in the Home Online via Zoom	Wednesday 25th September – Wednesday 16th October 2024 (4 sessions) 12.30pm – 2.30pm
Supporting your Child's Anxiety Online via Zoom	Thursday 14th November 2024 9.30am – 11.30am
Creative Paperwork (Seasonal Craft) Dartford Family Hub	Wednesday 11th December 2024 9.30am – 11.30am
Managing Children's Behaviour Dartford Family Hub	Tuesday 7th January – Tuesday 28th January 2025 (4 sessions) 9.30am – 11.30am
Autism Awareness Online via Zoom	Wednesday 22nd January – Wednesday12th February 2025 (4 sessions) 12.30pm – 2.30pm
Cooking on a Budget Dartford Family Hub	Thursday 20th February 2025 10am – 12 midday
Understanding your Teenager Swanscombe Family Hub	Tuesday 25th February 2025 6pm – 8pm
Family First Aid Online via Zoom	Wednesday 5th March – Wednesday 19th March 2025 (3 sessions) 9.30am – 11.30am

Please contact Tracy on 03000 418992 to find out more or book a place

Dartford Family Hub
Oakfield Lane
Dartford
Kent
DA1 2SW

Swanscombe Family Hub
Pedestrian access only via Coopers Road
Swanscombe
Kent
DA10 0BS

All courses are free of charge, please contact Tracy on 03000 418992 to book a place

First Aid for Families
- Learn the emergency procedure and making an emergency phone call
- How to place a casualty into the recovery position
- How to use the primary survey
- How to recognise and treat choking
- How to treat and monitor bleeding, minor bruising and burns
- How to practice cardiopulmonary resuscitation

Managing Children's Behaviour
- Set boundaries for your child
- Understand your child's behaviour
- Praise and reward your child
- Show your child affection effectively
- Communicate better with your child

Autism Awareness
- Understand the basic principles of autism and the different aspects that can be presented
- Different expert theories and understanding of the spectrum
- The diagnosis process and how to go about it
- Behaviour management, support and coping strategies

Understanding your Teenager
- Help your teen be happy and confident
- Communicate better with your Teenager
- Learn problem solving and negotiation techniques
- Understand adolescent development and behaviour

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Supporting ADHD in the Home
- Explore the categories of ADHD
- Share ideas and strategies for managing behaviour
- Celebrate the positives of ADHD

Supporting your Child's Anxiety
- Increase your understanding of anxiety in children
- Meet up with other parents and carers
- Discuss your experiences of anxiety
- Learn new ways to help your child manage their anxiety

Creative Paperwork (seasonal Crafts)
- Make 2D and 3D objects from paper
- Use card and paper to help your child's creativity
- Develop your creative side
- Make new friends whilst learning a new skill

Cooking on a Budget
- Would you like to enjoy better food?
- Have a healthier lifestyle
- Learn new and exciting child friendly recipes
- Buy more for your shopping budget

Kent Family Hub