



ADULT EDUCATION WOLVERHAMPTON



Family Learning

Do you want **to build your confidence, gain new skills, communicate better or get back into work or education?**

Try our **Free Family Learning Courses**

Life in the UK	ICT	English	Maths	Health & Wellbeing	Parenting & Early Years
<p>Life in the UK – Exploring British Values</p> <p>Cultural Stories – Learning about different cultures</p> <p>Citizenship – All about rights, responsibilities & democracy</p>	<p>Digital Skills – Beginners, Intermediate and Advanced</p> <p>ICT for Parents – help with setting up school accounts</p> <p>Cyberbullying for Parents – what it is and how to tackle it</p> <p>Using digital devices – Help using different devices</p> <p>Staying Safe Online – Keep yourself and your family safe</p>	<p>ESOL for Parents – Improve your English to help your child</p> <p>Spag for Parents – Help your child with spelling, punctuation and grammar</p> <p>Survival English – Speaking basic English</p> <p>ESOL for Health – making appointments and speaking to health professionals</p> <p>Phonics for Parents – Using Phonics to support your child's reading & writing</p>	<p>Maths for Parents – Understand Maths better to help your child with Maths</p> <p>Surviving cost of living crisis – Shop smarter spend less</p> <p>Money Matters – Debt and protecting your health</p>	<p>You've got this – Mindfulness and managing stress</p> <p>Time for you – Wellbeing classes</p> <p>Family Wellbeing – Having a happy family</p> <p>Fabulous Family Food – Affordable/ healthy cooking ideas</p>	<p>Parenting – For parents, grandparents and carers</p> <p>Learning through Play – Improving engagement with your child</p>
<p>Arts & Crafts</p> <p>Creative crafts – Learn a range of craft skills like candle making</p> <p>Art in your heart – Art therapy</p>			<p>Back to Work</p> <p>CV Writing & applying for jobs – Getting back out there</p> <p>Interview Skills – getting interview ready</p>		<p>Driving Theory</p> <p>Help to pass driving theory test, road safety tips for the family, improve English</p>

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