

Family learning and parenting

Our Adult Learning Service (ALS) is developing a new, free programme focusing on families learning together. These new courses aim to help families develop new skills whilst sharing experiences. Some of the courses we aim to deliver in the future are:

- cooking together as a family;
- getting ready for primary or secondary school;
- understanding your teenager;
- understanding and helping your anxious child; and
- First Aid.



The Family Learning and Parenting Programme will deliver courses around West Sussex that encourage families to communicate and have fun with one another. We will also be offering a range of parenting courses to help families become confident parents and overcome any barriers they may face. You can find out more about our upcoming courses by scanning the QR code below, or contacting:

- Website: westsussex.gov.uk/als
- Email: familylearning@westsussex.gov.uk
- Phone: **0330 222 4400**

Instagram: @AdultEdWSCC

X (Twitter): @AdultEdWSCC

Facebook: **West Sussex Adult Learning**

