



## Available from EXTRA - Autumn Term 2018

### Courses

**Step by Step Primary** age range 4 - 11 Years, 9 weeks

Thursday 13 September, White Hall Academy, 9.30-11.30am

**CARE - Conflict/Abuse Resolutions Explored**, 6 weeks

Wednesday 12 September, Jaywick Community Resource Centre, 12.30-2.30pm

**Mindfulness**, 5 weeks

Thursday 8 November, Jaywick Community Resource Centre, 9.30 - 11.30 am

**Managing worries/Anxiety**, 5 weeks

Monday 10 September, Coastal Community Centre, 9.30-11.30 am

**Managing Stress**, 5 weeks

Monday 5 November, Coastal Community Centre, 9.30-11.30 am

**Staying Positive**, 5 weeks

Wednesday 12 September, Coastal Community Centre, 9.30-11.30 am

**Learning to Relax**, 5 weeks

Wednesday 7 November, Coastal Community Centre, 9.30-11.30 am

**IV Baby**, 9 weeks age range - up to 6 months

Tuesday 11 September, Harwich Library, 12.30-2.30pm

**STOP**, age range 11-16 years, 10 weeks

Harwich, September (details to follow)

**SWAN (Support with Additional Needs)**, 11 weeks

Harwich, September (details to follow)

**Early Years Step by Step** age range 2 - 5 years, 9 weeks

Jaywick, September (details to follow)

**Building Confidence**, a course for parents/carers, 9 weeks

Wivenhoe, September (details to follow)

### Workshops

**Messy Play**

Wednesday 22 August, Jaywick Community Resource Centre, 10am - 12noon

Wednesday 29 August, Jaywick Community Resource Centre, 10am - 12noon

**Halloween Sensory**

October, Jaywick Community Resource Centre (details to follow)

**Christmas Sensory**

December, Jaywick Community Resource Centre (details to follow)

### Informal Parent/Carer Groups

**Jaywick Young Parents Group**

Every Tuesday, 10.00 - 11.30am, Jaywick Community Resource Centre

**HEROES support group**

Every Monday during term time, 10am - 12noon at Coppins Hall Community Centre

**Jaywick Parent drop-in**

Every Thursday during term time, 12.30 - 1.30pm, Jaywick Community Resource Centre

**SEN Parent Group, for parents/carers of children with additional needs**

Monthly on Tuesdays, 12-2pm, Jaywick Community Resource Centre

**Walton SEN Support Group, for parents/carers of children with additional needs**

Fortnightly on Fridays, 9.30-11.30am (occasional evening sessions), Walton Community Centre

**Friday Friends**

Every Friday during term time, 10am - 12noon, St Nicholas Hall, Stour Road, Harwich

**Feel Good Friday**

Every Friday during term time, 10-11.30am, Jaywick Community Resource Centre

**For more information, Tel: 01255 475001**

**Website: [www.extrasupportforfamilies.co.uk](http://www.extrasupportforfamilies.co.uk)**

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