

ADULT COMMUNITY LEARNING

ALL COURSES ARE FOR ADULTS 19+



For further information or to book a place on any /all of these sessions please contact:

info@thecrossley.co.uk or phone 01983 861164 to get a joining pack

90 Minutes to Family Calm Series

Join our **FREE** (fully funded) online classes! – Join one or join them all....



BRAIN TRAINING FOR CALM

- 7th Nov

TAMING THE EMOTIONS MONSTER

- 14th Nov

SENSIBLE ABOUT OUR SENSES

- 21st Nov

BUCKET FILLING FOR SELF-ESTEEM

- 28th Nov

RELAXING OUR KIDS

- 5th Dec



Autumn Term 2024

7th Nov—5th Dec

Thursday evenings

6:00-7:30PM

Booking & enrolment required to secure a place on any or all these sessions.

*enrolment required **just once** (for any number of sessions) per academic year