

# Family Learning

## Helping children grow and thrive.

Free courses or workshops for Families and Parents

### Parenting Courses

#### **Calm parents, Calm Children – Parenting course**

- North Chingford Library, Station Road E4 7EN
- 13/01/2026 – 10/02/2026
- Tuesdays, 09.45– 11:45am
  
- Salisbury Manor Primary, Burnside Ave, E4 8YJ
- 19/01/2026 – 09/02/2026
- Monday 9:30–11:30am

#### **Communicating With Teenagers – Solving Problems Collaboratively**

- Queens Road Learning Centre E17 8QR
- 13/01/2026 – 10/02/2026
- Tuesdays, 10:00 –12:00am

#### **Raising Confident and Confident Children**

- Online
- 29/01/2026 until 12/02/2026
- Thursday, 7:30pm –9:00pm

#### **Mending Clothes for families**

#### **- Repair, Reuse and Create (adults course)**

- Queens Road Family Learning HUB, E17 8PJ
- 14/01/2026 – 11/02/2026
- Tuesday, 10:00–12:00pm

### Contact Info

Email: Cherie Cowan- Smith

**Cherie.Cowan-Smith@walthamforest.gov.uk**

Curriculum Manager

Waltham Forest Adult Learning Service

**WALTHAM FOREST ADULT LEARNING SERVICE**



Families

Workshops

Natured Inspired



Pimp Hall Nature Reserve  
E4 7HR

#### **Twighlight Trail**

- 22/12/2025
- Monday, 10:30–12:30pm



#### **Owls on the Prowl**

- 04/01/2026
- Sunday, 02:30 – 04:30pm



Click on  
QR code to sign  
up today!