

Family Learning

Helping children grow and thrive.

Bespoke free tailored made courses or workshops for your parents

Parenting Courses

- Calm Parents, Calm Children
- Raising Resilient and Confident Children
- Communicating with Teenagers
- Parenting Teens: A Guide for Dads

Life Skills & Wellbeing

- E-Safety
- Budgeting/Saving Money on Your Food Shopping – Financial Literacy
- Seed sowing, plant propagation or vegetable growing (Thurs only)
- Creative crafts and textiles
- Creative SEND focus
- Using your Air Fryer Adult / Families
- Neurodiversity awareness workshops
- Stop Frame animation
- Sculpture

Career based Workshops

- Exploring a career in Customer Service
- Food Safety
- Employment based workshops
- Interview Success
- CV Writing
- Confidence with employability

Contact Info

Email: Cherie Cowan- Smith
Cherie.Cowan-Smith@walthamforest.gov.uk
Curriculum Manager

Waltham Forest Adult Learning Service

Supporting your child's learning

- Keeping up with the children Maths
- Keeping up with the children English
- Everyday English for Parents (ESOL)

Digital Skills

- Microsoft Word
- Microsoft Excel
- PowerPoint
- Using Canva

After School Clubs

90 minute workshops for families

- Family cookery workshops
- Family craft workshops

WALTHAM
FOREST
**ADULT
LEARNING
SERVICE**