

Queens Road Learning Centre - Tel: 020 8496 2974				
97 Queens Road, Walthamstow E17 8QR				
Activity	Start date	End date	Time, Day & Duration	Course code
Calm Children, Calm Parents	28 th June 2018	19 th July 2018	Thursdays 9.30am-11.45am for 4 weeks	QCN8922-4U4
Good Children, Great Parents	3 rd May 2018	24 th May 2018	Thursdays 12.15pm to 2.45pm for 4 weeks	QRN8915-4U4
Leytonstone Learning Link - Tel: 020 8496 1061				
23-25 North Birkbeck Road, Leytonstone E11 4JF				
Activity	Date	End date	Time & Day	Course code
Good Children, Great Parents	24 th April 2018	22 nd May 2018	Tuesdays 6.30pm to 9.00pm for 5 weeks	QRN8919-2U4

Good Children, Great Parents is a free, short, non-qualification course to increase your confidence. You will learn how to: promote calm behaviour in your child, communicate with your child effectively, reflect on your own and your child's behaviour, develop your child's self-esteem through the correct use of praise, and how to set and keep boundaries. Courses run on Thursday afternoons and Tuesday evenings.

Calm Children, Calm Parents is a free, short, non-qualification course to increase your confidence. You will learn how to: Identify triggers that lead to challenging behaviours, how to encourage calm behaviour in yourself and your child, how to manage the main sources of anger, how to use praise as a discipline method, how to set and keep boundaries, and the role of feelings in parenting.

You can enrol at the Queens Road Learning Centre or the Leytonstone Learning Link. Both centres are open between 9am and 9pm Monday to Thursday (9am to 4pm during the school holidays), and 9am to 3.30pm on Fridays.

You can also enrol at the Leyton Neighbourhood Learning Centre at 3 The Square, High Road Leyton E10 5NR, which is open 9am to 4.00pm Monday to Thursdays, and 9.00am to 3.30pm Fridays. You will need to bring with you proof of your name, address and National Insurance Number to complete enrolment.

If you are interested in arranging a Family Learning course in your venue, children's centre or school we would be delighted to meet with you and discuss your requirements. Please e-mail adult.learning@walthamforest.gov.uk. For more information about the Waltham Forest Adult Learning Service and the courses that we offer please visit www.lbwfadultlearning.co.uk