



**Courses and Workshops**  
**Available from EXTRA - Spring Term 2015**

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

- White Hall Academy, starts Thursday 15<sup>th</sup> January, 9.30-11.30am
- Holland Haven Primary School, starts Wednesday 21<sup>st</sup> January, 12.45-2.45pm
- Windmill Children's Centre - Harwich, starts Tuesday 13<sup>th</sup> January, 9.30-11.30am

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

- Brightlingsea, venue, dates and time to be confirmed
  - Harwich, venue, dates and time to be confirmed
- Holland Park School, starts Monday 12<sup>th</sup> January, time to be confirmed

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

- Jaywick Community Resource Centre, starts Wednesday 14<sup>th</sup> January, 12.30-2.30pm

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

- The Ark - Harwich, starts Thursday 8<sup>th</sup> January, 12.30-2.30pm
- Jaywick Community Resource Centre, starts Friday 16<sup>th</sup> January, 10-12noon
- Hamford Primary Academy, starts Monday 12<sup>th</sup> January, 12.45-2.45pm

**STOP**, a course for parents of teenagers, 11 weeks

- Coastal Community Centre, starts Friday 16<sup>th</sup> January, 12.30-2.30pm

**FLASH**, for parents and carers of children who are exhibiting self-harming behaviour, 10 weeks

- Dates, time and venue to be confirmed

**Coping with Loss**, a course for parents/carers, 5 weeks

- Jaywick Community Resource Centre, starts Wednesday 25<sup>th</sup> February, 10-12noon

**Managing Anger**, a course for parents/carers, 5 weeks

- Jaywick Community Resource Centre, starts Wednesday 14<sup>th</sup> January, 10-12noon

**Incredible Years Baby programme**, a course for parents/carers and babies up to 6 months old, 8 weeks

- Windmill Children's Centre - Harwich, dates and time to be confirmed

**Craft Workshops** a one and a half hour workshop in the school holiday

- Date, time and venue to be confirmed

**First Aid Workshop**

- Jaywick Community Resource Centre, Friday 30<sup>th</sup> January, 12.30-2.30pm

**ADHD Workshop**

- Date, time and venue to be confirmed

**Play Workshop**

- Jaywick Community Resource Centre, date and time to be confirmed

**'Stranger Danger' Workshop**

- Date, time and venue to be confirmed

**Managing Money Workshop**

- Brightlingsea Community Centre, Thursday 22<sup>nd</sup> January, 10am-12noon

**Internet Safety Workshop**

- Date, time and venue to be confirmed