

ACL

# FREE SESSIONS FOR FAMILIES

## Raising Boys

Monday 30th Jan/6th Feb 23  
9:30-11:30am

## Understanding Children

Tuesday 31st Jan/7th/21st/28th Feb 23  
9:30 -11:30am

## Confident Cooking on a budget

Tuesday 31st Jan  
12:30-1:30pm

## Valentine's Family Day Ideas

Wednesday 1st Feb  
9:30-11:30am

## Top tips to make your money go further

Thursday 2nd Feb 23  
12:30-1:30pm

## Where to go for cost of living support

Thursday 2nd Feb 23  
6:00-7:00pm

## Explain cost of living to your child

Friday 3rd Feb 23  
12:30-1:30pm

Join by scanning here:



## Fussy Eaters

Tuesday 31st Jan/7th Feb 23  
12:30-1:30pm

