

**Manchester
Adult
Education**

Family Learning

Our courses are for parents of young children.
They take place in schools and children's
centres all over Manchester.

FREE



Contact your local Adult Learning Centre or
find us online: manchester.gov.uk/adulted

Family Learning

Our courses are for parents of young children. They take place in schools and children's centres throughout Manchester.

- Build your confidence – in the family and in the community
- Identify your strengths and learn how to improve your skills
- Develop short and long-term goals for the future, including for future work.

We run workshops and taster sessions so you can come along and find out more about our courses. Crèche available.

Find out more

Contact your local Adult Learning Centre or find us online:

manchester.gov.uk/adulted

manadulted.org.uk/families

 [@ManAdultEd](https://twitter.com/ManAdultEd)

Courses

Description

Science, Technology, English and Maths

These courses help parents to support their children with their school work, as well as improve their own skills for the future:

- Family Maths
- Spend and Save
- Family English
- ESOL for Parents
- Tall Tales and Short Stories
- Science is for Parents Too
- Creative History
- Animation.

Early Years

These courses encourage parents to get involved with activities that support their children's development:

- Fun with Numbers
- Let's Play
- Creative Skills for Parents.

Health and Wellbeing

These courses help parents and carers to build confidence, identify areas for change and growth, and set goals for the future:

- Stress Management for Parents
- Parenting your Teen
- Confident Parent, Confident Child
- Understanding Children's Behaviour
- Improve your Mood through Art.