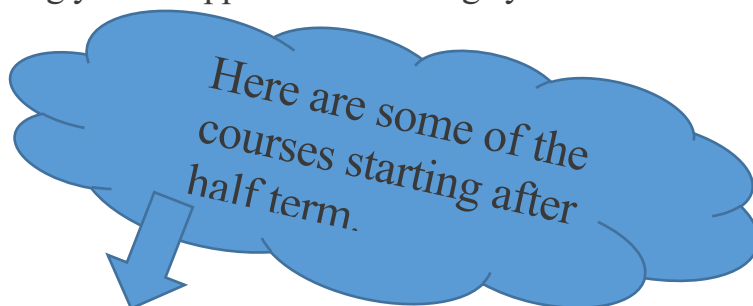




Our Family Learning courses are designed to develop your own skills and knowledge, while guiding you to support and encourage your child's development and love of learning.



Parent and Baby Yoga (3-9 months)

Course No: WFJ1A82BR **Location:** Brockley Rise Centre **Day of the week:** Thursday **Start Date:** 4/11/2021 **End Date:** 2/12/2021
Time: 10:40 - 11:40 **Course Length:** 5 Weeks

Fascinate and engage your baby using colourful resources, bubbles and textures during this 5-week parent and baby yoga. Each session, you will explore breathing techniques that calm and relax both baby and you, and yoga poses to strengthen core muscles in a welcoming atmosphere. You will sing nursery rhymes along with movements, aiding brain activation and increasing spinal and muscular strength. Adults attending with baby can be a parent, grandparent or carer.

Parent and Toddler Yoga (10-36 months)

Course No: WFJ1A02BR **Location:** Brockley Rise Centre **Day of the week:** Thursday **Start Date:** 4/11/2021 **End Date:** 2/12/2021
Time: 09:30 - 10:30 **Course Length:** 5 Weeks

Fascinate and engage your toddler using colourful resources, bubbles and textures during this 5-week parent and toddler yoga class. In this friendly class you will warm-up using exercises and songs. You will develop asana into inversions such as shoulder stand and bridge pose and follow a sun salutation to increase muscle tone and concentration skills. Through stretches and guided relaxation you will continue to release physical and mental tension. Adults attending with child can be a parent, grandparent or carer.

Cooking healthy food on a budget with toddlers (age 2-5)

Course No: WFJ1A30DC
Location: Donderry Children's Centre
Day of the week: Tuesday
Start Date: 2/11/2021 **End Date:** 30/11/2021
Time: 10:00 - 12:00 **Course Length:** 5 Weeks

On this family learning course, you will be guided to wow your family with simple, healthy and sure-to-satisfy recipes that won't break the budget. Together with your child, you will explore food groups that should be part of a healthy diet. Children are sure to get into healthy eating habits through being involved in the process of cooking healthy food.

Cooking vegan delights with toddlers (age 2-5)

Course No: WFJ1P26EB **Location:** Eliot Bank School Children's Centre
Day of the week: Thursday
Start Date: 18/11/2021 **End Date:** 16/12/2021
Time: 13:00 - 15:00 **Course Length:** 5 Weeks

This family learning course is aiming to introduce you to healthy vegan snacks that you can make together with your child to wow your family.

Yoga for families - helping your child manage anxiety

Course No: WFJ1T92BR **Location:** Brockley Rise Centre
Day of the week: Wednesday **Start Date:** 10/11/2021 **End Date:** 8/12/2021
Time: 16:00 - 17:00 **Course Length:** 5 Weeks

Yoga for families is a great opportunity for both parents and children to focus on improving their mental health. Good news, considering mental health problems, including depression, anxiety and stress, can affect one in 10 children and one in four adults. Yoga for families offers you space and time to develop and strengthen the bonds between you and your child in a playful manner, encouraging laughter, while developing stronger healthier relationships; especially during these unprecedented times. The sessions incorporate conscious breathing, meditation and mindfulness aiming to aid relaxation, significantly lessen negative thought patterns and encourage you to live in the present moment. Through learning yoga postures to improve balance, spatial awareness, flexibility and strength, the sessions provide a holistic approach to mental well-being to reduce the symptoms of stress and anxiety.

Yoga for parents - managing anxiety

Course No: WFA1P91BR **Location:** Brockley Rise Centre
Day of the week: Wednesday **Start Date:** 10/11/2021 **End Date:** 8/12/2021 **Time:** 13:30 - 15:00 **Course Length:** 5

Yoga for parents is a great opportunity for parents to focus on improving their mental health. Good news, considering mental health problems, including depression, anxiety and stress, can affect one in four adults. The sessions incorporate conscious breathing, meditation and mindfulness aiming to aid relaxation, significantly lessen negative thought patterns and encourage you to live in the present moment. Through learning yoga postures to improve balance, spatial awareness, flexibility and strength, the sessions provide a holistic approach to mental well-being to reduce the symptoms of stress and anxiety.

Family Nature Lovers (ages 4-12)

Course No: WFJ1A44BM **Location:** Breakspears Mews Community Garden
Day of the week: Saturday **Start Date:** 13/11/2021 **End Date:** 11/12/2021
Time: 10:00 - 11:00 **Course Length:** 5 Weeks

For all lovers of nature and the outdoors – join our new outdoor family learning class taking place at Breakspears Community Garden in Lewisham. You will take part in lots of creative activities, including:

- building a bug hotel for bugs to overwinter in
- making a seasonal wreath for your home
- printing your own wrapping paper using leaves and seeds from nature
- taking part in a creepy crawly hunt and identification by making your own chart.

You and your children will be getting creative using beautiful things from the garden and finding out lots of information about the insects we live alongside in this seasonal family course.

Zen-4-SEN (parent and primary school age children) ONLINE

Course No: WFJ1T14OL **Location:** Online
Day of the week: Thursday **Start Date:** 11/11/2021 **End Date:** 09/12/2021
Time: 17:00 - 17:45 **Course Length:** 5

Your highly-qualified, friendly tutor will introduce you and your child to adapted yoga for children on the spectrum and its positive benefits. You will work with your child to develop their ability to self-regulate, release tension, fear and frustration. The class begins with warm-ups using movement, rhymes and fun games, before progressing to increasing body strength, muscle tone and flexibility by learning asana (postures). Each fulfilling session ends with relaxation techniques using mantras, to help relieve stress.

Enrol now on our fun and informative courses while places are available.

<https://lewisham.gov.uk/my services/education/adult/find-a-course/family-learning-courses>