

# ADULT COMMUNITY LEARNING

ALL COURSES ARE FOR ADULTS 19+



For further information or to book a place on any /all of these sessions please contact:

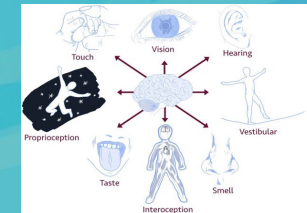
info@thecrossley.co.uk or phone 01983 861164

## 90 Minutes to Family Calm Series

Join our January zoom classes! -Join one or join them all....



### Taming the Emotions Monster Sensible About Senses Bucket Filling for Self-esteem Relaxing Kids



calm, confident kids in chaotic times

Spring Thursdays:  
either :

mornings 10-11:30

or evenings 6-7:30

Booking & enrolment required to secure a place on any or all these sessions.

*\*enrolment required just once (for any number of sessions)*