

Partners to Parents

Central Brighton

A brand new course for 2018

Even the best relationships are strained during the transition from two to three. Lack of sleep, never-ending housework and new financial strains can lead to profound stress. This new research-based workshop aims to strengthen your relationship during this challenging time.

What will the course cover?

- How to strengthen your relationship with your partner
- How to work together as a team and manage conflict
- What to do, and where to get support, if you think you or your partner is struggling
- How to communicate with your partner when you are feeling stressed and/or exhausted
- Explore how a couple's sexual relationship changes when you have a baby/child and ways of improving your intimate connection to your partner

Course dates: Thursday 15th and 22nd March 2018

Time: 10am–12.30pm

Venue: Friends Centre, 2nd Floor, Tarnar Children's Centre

Tutor: Agnes Munday

Cost: Free / £30.00



To enrol call Community Learning on
01273 810210

Or visit

www.brighton-hove.gov.uk search 'Community Learning'



Community Learning

Spring Courses 2018

First Aid - Adults and Children

Parent Present - Mindfulness

Food Safety Level 2

Partners to Parents

Maths

English



For more information
Call 01273 810213 or 07795 336142
Brighton Junction, Isetta Square, 35 New
England St, Brighton, BN1 4GQ

To be offered a free place you need to be:

- 19 and over
- Living in the EEA for at least 3 years
- Living in Brighton and Hove area

AND be unemployed (or working less than 16 hours) or on a low income (less than £13,500 for a single income or less than £18,500 for a combined household income)

- Or have no qualifications (no Level 2 or above qualification)
- Or you volunteer and are unemployed

Community Learning



Parent Present – Mindfulness for parents

Hove

A short course to help you:

- reduce your **anxiety** and **stress levels** so they don't get in the way of your family relationships
- handle the tough times at home with a demanding baby or young child
- respond calmly instead of reacting
- connect with your child even when you are really busy

I've learnt to relax when alone and keep calm when pushed
Parent Present

You will discover and practise several simple techniques to help support you in those stressful times with your child.

Course date: Thursdays 1st and 8th March

Time: 10 am-1.00 pm

Venue: Hove Library

Tutor: Agnes Munday

Cost: Free / £30



Level 2 Food Safety – Central Brighton

This is a **one** day course

This course aims to:

- Help you understand how to control food safety risks (personal hygiene, food storage, cooking and handling) in a food preparation area
- Give you confidence and the skills to prepare, cook and store food safely
- Refreshment of this qualification is recommended at least every three years

Course dates: Thursday 1st February and Saturday 17th March

Time: 9.30am – 4.30pm (arrival 9.15am)

Venue: Brighton Junction, Isetta Square, 35 New England St Brighton BN1 4GQ

Tutor: James Aldcroft

Cost: Free / £50

'Great course, easy to understand and feel ready to continue with my plans to look for work in catering'
Food Safety Level 2

Emergency First Aid for Adults Central Brighton

This one day course will help you to respond to an emergency situation. You will learn how to deal with unconsciousness, bleeding, choking, shock, seizures, provide CPR, and recognise signs of heart attack and stroke.

This is a **half** day course

Course date: Saturday 17th March 2018

Time: 10am – 1pm

Venue: Brighton Junction, Isetta Square, 35 New England St, Brighton BN1 4GQ

Tutor: Agnes Munday

Cost: Free / £15

First Aid for Babies and Children – Central Brighton

You will learn how to respond if a baby or young child becomes unconscious or stops breathing, gets burned, is choking, bleeding heavily, has an asthma attack, or suffers from an allergic reaction.

This is a **half** day course

Course date: Saturday 10th February 2018

Time: 10am – 1pm

Venue: Brighton Junction, Isetta Square, 35 New England St, Brighton BN1 4GQ

Tutor: Agnes Munday

Cost: Free / £15

Short Maths Courses

Are you nervous about studying maths again?

Do you fancy a taster in maths to brush up your skills before taking on a qualification?

If you don't have any maths qualifications and would like to find out more about starting a non-exam course call on the number below.

The classes are at Woodingdean Library.

The classes are free, friendly and supportive.

**Call for more information
on 01273 810210**