



Oxfordshire Adult Learning

PROVIDED BY ABINGDON & WITNEY COLLEGE



FREE courses available to Adults in Oxfordshire

We are delighted to be able to offer FREE short online courses* designed to support you and your family through the coming weeks.

*All courses delivered remotely via Microsoft Teams.



Basic Drawing and Painting with your children

A short series of sessions with our expert tutor. A chance to get you, the parent /adult carer creating beautiful simple projects together with your child. Bringing the fun back to learning whilst creating an opportunity to help your child's development.

Please note this course is for adults to attend alongside children up to the age of 16.

Date: Wednesday 3rd February – 24th February (4 Weeks)

Time: 13:30-15:00



An Introduction to Mental Health Understanding

In this challenging time, everyone is aware that an individual's mental health is under constant pressure. This course is designed to help you appreciate what mental health is, the negative and positive impacts to mental health and most importantly give tips on how to combat some of the challenges involved.

Date: Thursday 4th February – 11th February (2 Weeks)

Time: 10:00-12:00



Getting through together

This supportive course is aimed at parents to provide them with the tool kit to increase resilience. Looking at how people cope when isolated; We aim to develop a positive environment allowing people to share experiences and working together to create solutions.

Date: Thursday 4th February – 4th March (5 Weeks)

Time: 12:30-13:30



Out of Lockdown into life

Tired of being restricted but knowing full well that restrictions still occur in our society; This course is designed to help you develop techniques that will overcome frustrations in today's 'new world' but still keep you safe as we move forward.

Date: Friday 5th February – 19th February (3 Weeks)

Time: 10:00-12:00

You can choose to enrol onto one, some or all the above courses.

To register your interest, please email
oal.southeast@abingdon-witney.ac.uk

Please visit our website for more information
www.abingdon-witney.ac.uk