



## Free Family Learning for Merton residents

Workshops and short courses on Zoom for families

*“Our online groups are small, friendly and fun.”*

### National Story Telling workshop - Telling a musical story

**Saturday 30th January , 10 am to 12 noon.**

*For parents / carers with their children aged 2– 10 years.*

Join us on a musical journey using stories, song and instruments. Bring something to shake, rattle and tap, something to wave (a tea towel)...and your imagination! Pencils and paper for drawing essential!



### Mental Health workshop - Time to Talk

**Thursday 4th Feb, 6-8pm**

(for adults only) An evening workshop looking at ways to look after and maintain good mental health.

You will learn about, making time to talk, motivation techniques, the importance of relaxation and how to build healthy relationship with family and friends. There will also be a chance to share your lockdown experience and strategies you have used that have helped.



For all of these courses you will need a smartphone or computer with Internet access.

For more information or to book a place please text or email,  
Hayley on 07810 836811

Hayley.holliday@citylit.ac.uk or Helen.sprogis@citylit.ac.uk



@CityLitFL

citylitfamilylearning

## Free Family Learning for Merton residents

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### Music and Story Telling

3rd Feb to 10th March 2021

Wednesdays 10am to 12

*For parents /carers with their pre-school children.*



Join us on Wednesday mornings, meet other families and help your little ones to socialise on line. Build your own and your child's self-confidence, have fun singing and develop your story telling skills.

### Practical-Digital Skills , feeling confident on line

23rd Feb. to 16th March Tuesdays 10am to 12:00 noon

*for adults only -beginners and intermediate level*

(For adults). This course is perfect if you want to build up your confidence in using digital technology. We will look at what IT resources you have access to and how to use them.

Topics covered on this course include : how to stay safe online, using the “Zoom” platform, download Apps, use google docs; create , name , save and send files, online shopping, completing and returning forms and much more....

**Help with Home Schooling** (for adults only)—this course has been very popular and is currently full please contact us to be added to the waiting list for the next course, coming up soon.

**Parenting Skills; Developing your strategies and understanding** (for adults only)—this course has been very popular and is currently full please contact us to be added to the waiting list for the next course, coming up soon.

For all of these courses you will need a smartphone or computer with Internet access.

For more information or to book a place please text or email,  
Helen on 07818 896575



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