



Empower Yourself with Essential First Aid Skills

Join our **FREE** Family First Aid sessions to gain the knowledge and confidence to handle common emergencies. Ensure your loved ones are safe with practical skills.

Why Attend?

Empower yourself, Connect with local parents and carers, Ensure your family's safety

 When: Book now for sessions taking place in 2025 / 2026

 Online and in person

Don't miss out—sign up today!

Visit our website **aclessex.com** and type '**Family First Aid**' in to the 'Find a course...' box

COMMUNITY &
FAMILY LEARNING

