

Wokingham Adult Education Courses

Wokingham Adult Education Team are running some family learning, employability, and digital skills courses between now and Christmas.

You can find out more information or book via their website www.webenrol.com/wokingham or click on the links below.

Managing Child Anxiety

- 12 November to 19 November, Tuesdays 7pm to 8.30pm, online via Zoom
- £15 or free to those on jobseeking benefits or a low income
- [Apply here](#)

A chance to learn more about your child's anxiety and how to help. Find out how to recognise it, how to respond to it positively and how to help.

Understanding Teenage Anxiety

- 13 November to 20 November, Wednesdays 7.30pm to 9pm, online via Zoom
- £15 or free to those on jobseeking benefits or a low income
- [Apply here](#)

Aimed at parents of secondary school pupils, this course looks at how anxiety presents in teenagers, and techniques that can be used to reduce its impact. The course aims to help you develop a selection of coping strategies as well as giving you a better understanding of the causes of teenage anxiety and ways of building resilience.

Introduction to being a Teaching Assistant and Working in Schools

- 14 November to 12 December, Thursdays 12.30pm to 2.30pm, FBC Centre, Finchampstead
- £40 - free to those on jobseeking benefits or low incomes
- [Apply here](#)

Find out more about different roles available in schools and gain an understanding of how to apply for roles. Explore your own strengths and weaknesses in your transferable skills and build your confidence to apply for roles in schools.

Building Resilience in your Child

- 27 November to 4 December, Wednesdays 7pm to 8.30pm, online via Zoom
- £15 or free to those on jobseeking benefits or a low income
- [Apply here](#)

Coping with emotions is important for happiness and wellbeing. Help your child recognise, understand and accept feelings and to express them in appropriate ways. Learn to help your primary school aged child to deal with negative feelings and cope with stressful life events over a two-session course.

Creating and Delivering Presentations

- 10 December and 13 December, Tuesday and Friday 10.30am to 1pm, online via Zoom
- £15 - free to those on job seeking benefits or low incomes
- [Apply here](#)

Learn to use PowerPoint and create simple presentations. Gain confidence in presenting information in an engaging way and find out how you can use it for work or personal use.

If these dates are not suitable, then those interested can sign up to an alternative date or a waiting list on our website.