

# Family Learning Courses

## Portchester Community and Keepsake Children's Centre

### Spring/Summer 2011



#### Ready Steady Cook

2nd - 30th March

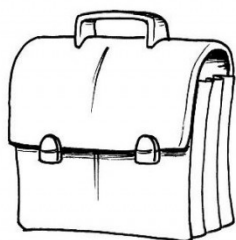
How to prepare quick healthy food for your family on a budget. Understanding the benefits of healthy eating, use the laptops for recipe ideas and help with calculating costs.



#### Scrapbooking - A Journal of your Child's development

6th - 13th April

Bring in photo's and any memories of your child's younger years and learn how to place them into a scrap book, to provide a pleasing and lasting record.



#### Back to Work

4th - 25th May

Get support and advice on going back to work, plan for a smooth transition. Childcare issues, what to wear and how to stand out from the crowd.



#### Confident Parents Confident Kids

8th June - 20th July

Down to earth practical advice on understanding and getting on with your child. Positive ways of encouraging good behaviour. Enjoy living as a family, lots of discussion and ideas in a supportive setting.

All courses are **FREE** and a crèche is available for £2  
For further information please pop in to the centre, call or email.