

## Online Courses February/ March 2026

Course Code	Course Title	Start	End	Day	Start Time	End Time
153636	Strategies to Support Your ADHD Child - Webinar	24/02/26	24/02/26	Tuesday	10:00	11:00
153353	Supporting ADHD in the Home	25/02/26	18/03/26	Wednesday	19:00	21:00
153359	Strategies to Support Your Child with Maths (7-11 yrs) - Webinar	26/02/26	26/02/26	Thursday	10:00	11:00
153352	Autism Awareness	04/03/26	25/03/26	Wednesday	19:00	21:00
153357	Strategies to Support Your ADHD Child - Webinar	11/03/26	11/03/26	Wednesday	13:00	14:00
153354	Calm together - Emotional Regulation You and Your Child	13/03/26	13/03/26	Friday	10:00	12:00
153358	Supporting Your family through our Screen Obsessed World	30/03/26	30/03/26	Monday	19:00	21:00
153355	Supporting Your Child's Anxiety	31/03/26	31/03/26	Tuesday	09:30	11:30
153356	Managing Sleep	31/03/26	31/03/26	Tuesday	10:00	12:00
153642	Supporting your Neuro-Diverse Child to eat Healthily	01/04/26	01/04/26	Wednesday	09:30	11:30

To help us provide the best possible experience for you, please let us know if you or your child have any disabilities or particular support needs.



To book your place on one of these **FREE** courses, scan the QR code or go to [www.kentadulthoodeducation.co.uk](http://www.kentadulthoodeducation.co.uk)

and enter the course code into the search box.

For further information email [businesssupport2@kent.gov.uk](mailto:businesssupport2@kent.gov.uk)

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