



# ADULT & FAMILY LEARNING COURSES



## SHORT SUMMER PROGRAMME

If you cannot wait until the start of the new term, why not come along and try one of our **free Bite size** sessions. Contact us below for more information or to book a place.

### Trafford College – Stretford Campus, M32 0XH

How to create a Power Point presentation.	10.00am to 3.00pm	Mon. 22nd August 2022	You can attend all of these sessions.
How to create and edit Excel spreadsheets	10.00am to 3.00pm	Tues. 23rd August 2022	
Brush up on Word Software	10.00am to 3.00pm	Wed. 24th August 2022	
Reduce Stress and Create Calm	10.00am to 2.00pm	Tuesday 23rd August 2022	This session will help you manage day to day life
Meditation for Health	10.00am to 2.00pm	Wed 24th August 2022	
How to identify your Transferrable Skills	10.00am to 2.00pm	Mon 22nd August 2022	You may wish to do both of these sessions. Recommended for those trying to seek employment. The Work Resilience workshop includes a qualification
How to be Resilient at Work.	10.00am to 3.30pm	Wed 24th August 2022	



**Please note** dates and times are subject to change and dependent on sufficient learner numbers at enrolment (min of 8 learners)

**To book a place on any of the courses, please contact:**

▶ david.roberts@tcg.ac.uk ▶ sandra.mclennon@tcg.ac.uk ▶ community@tcg.ac.uk  
 or call: ▶ 0161 886 7441 ▶ 886 7443 ▶ 886 7472



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## SHORT SUMMER PROGRAMME continued....

### Trafford College – Stretford Campus, M32 0XH

Family Taster session into British Sign Language and Deaf Awareness	10.00am to 2.00pm	Mon. 22nd August 2022	Children must be aged 12 and over and be accompanied by an adult
Family Taster session into British Sign Language and Deaf Awareness	10.00am to 2.00pm	Tues. 23rd August 2022	
Adult Introduction to British Sign language and Deaf Awareness	10.00am to 2.00pm	Wed 24th August 2022	You may wish to sign up to one of our 8 weeks courses and completing the taster session.
Italian Family Taster session	10.00am to 2.00pm	Tues. 23rd August 2022	Children must be aged 12 and over and be accompanied by an adult



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