

FREE ONLINE WORKSHOPS FOR PARENTS & CARERS



SUPPORTING YOUR CHILD'S BIG FEELINGS



Would you like to know about supporting your child's or teen's emotions?

In this 1 hour workshop will explore how to support your child's and teen's feelings in the moment and for the future. You will go away with a range of strategies (including emotion coaching) to boost your child's, and your own, emotional resilience.

WHEN?



Tuesday 2nd April 19:00-20:00 | [Register here](#)

or

Wednesday 10th April 14:00-15:00 | [Register here](#)

or

Wednesday 17th April 10:00-11:00 | [Register here](#)

PLEASE NOTE:

THESE WEBINARS ARE ONLY FOR PARENTS AND CARERS IN SCHOOLS WE ARE CURRENTLY WORKING IN. PLEASE DO NOT SHARE WITH FRIENDS/FAMILY IN OTHER SCHOOLS.

