

## Are you a parent / carer?

- Would you like to attend a workshop where you can talk about helping your child to manage difficult emotions?
- Would you like more information about how to help your child look after their emotional wellbeing?

The workshop is in person and will last approximately 1 hour with time after for questions

Our session covers:

- The challenges children face
- Challenging emotions and triggers
- Basic strategies to help manage challenging emotions

We will look forward to seeing you on

**Tuesday 29<sup>th</sup> November at 3.15pm**