



FREE ONLINE WORKSHOPS

MANAGING CHILDREN'S FEELINGS AND BEHAVIOUR

Struggling to manage challenging behaviour? You are not alone!

These workshops aim to help you feel empowered at managing those tricky situations knowing you are doing the best for your child and yourself.

When? Mondays 1pm - 2:30pm

22nd April- Emotional Regulation

29th April- Developing Resilience

13th May - Expectations and Routines

20th May- Discipline and Boundaries

Where? Online using Microsoft Teams.

Cost? None. It's free

For more information, or to book a place, please contact:

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