

# Managing Strong Feelings

A **FREE** workshop in  
**HITCHIN**



for Mums, Dads &  
Carers



For Parents and Carers of Primary  
& Secondary age children

## The workshop will cover:

- \* The link between Feelings, Thoughts & Behaviour
- \* Understanding the context of a child's behaviour
- \* Ideas for dealing with behaviour



**Monday 19th March 2018**

**1.00-3.00pm**

**at**

**Hitchin Youth Trust,  
111 Walsworth Road,  
Hitchin, SG4 9SP**

Please note: This venue is not suitable for wheelchair  
access

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Provision Locally  
*Achieving quality outcomes*

**To book your FREE place please contact  
Sue:**

**Sue@familiesfeeling-safe.co.uk**

**Or Tel: 07531 247657**

\* Please quote the date of the workshop you are booking