

My Feelings Matter

A **FREE** workshop in
LETCHWORTH



for Mums, Dads &
Carers



For Parents and Carers of Primary
age children

The workshop will cover:

- * The link between Feelings, Thoughts & Behaviour
- * Recognising & understanding feelings and Early Warning Signs
- * Exploring feelings and how to deal with them

Wednesday 28th March 2018
9.30am- 12.00noon
at

Letchworth Garden City
Partnership Pod
Northfields Infant and Nursery
School
Burley, Letchworth SG6 4PT

Please note: There is no parking on the school site. Please
park in the nearby roads



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Provision Locally
Achieving quality outcomes

To book your **FREE** place please contact
fiona@familiesfeelingsafe.co.uk
or Tel: **0774 8332606**

* Please quote the date of the workshop you are booking