



My Feelings Matter

A FREE workshop in
POTTERS BAR

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



Tuesday 27th March 2018
12.30 - 2.30pm
at
Cranborne Primary School
48 Laurel Fields
Potters Bar
EN6 2BB

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Provision Locally
Achieving quality outcomes

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

* Please quote the date of the workshop you are booking