Managing Strong Feelings

A FREE workshop in ST ALBANS



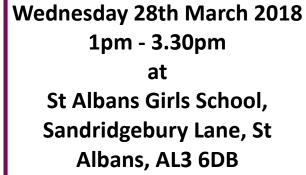
for Mums, Dads & Carers



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







To book your FREE place please contact Dave:

dave@familiesfeelingsafe.co.uk
Or Tel: 07929 742295

* Please quote the date of the workshop you are booking