

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

Wednesday 28th March 2018
1pm - 3.30pm
at
St Albans Girls School,
Sandridgebury Lane, St
Albans, AL3 6DB



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