

# My Feelings Matter

A **FREE** workshop in  
**ST.ALBANS**

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

**Monday 26th March 2018  
9.30am- 12.00noon  
at  
St Albans Girls School,  
Sandridgebury Lane, St  
Albans, AL3 6DB**



**To book your FREE place please contact  
[fiona@familiesfeelingsafe.co.uk](mailto:fiona@familiesfeelingsafe.co.uk)  
or Tel: 0774 8332606**

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