My Feelings Matter

A FREE workshop in ST.ALBANS



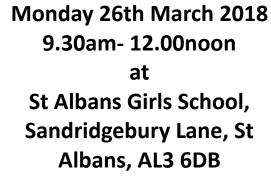
for Mums, Dads & Carers



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







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