



## Workshop for Parents: Understanding your child's emotions

**Date: 12<sup>th</sup> June 2018**

**Time: 9:30 - 10:30 (with tea/coffee available from 9:00)**

**Venue: Vale Academy**

The session will be around an hour and aims to:

- ✓ To better understand your child's emotions
- ✓ To enable you to support your child to understand their emotions
- ✓ To explore ways you may help your child to regulate their emotions

If you are interested in attending this workshop please contact CHUMS on 01525 863924 and ask to speak to the Family Wellbeing Team.

Alternatively you can email [fwteam@chums.uk.com](mailto:fwteam@chums.uk.com)

Spaces are limited.

**We look forward to hearing from you!**



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