FREE WEBINAR FOR PARENTS & CARERS

MENTAL HEALTH SUPPORT TEAM
In partnership with Young Somerset & Somerset NHS Foundation Trust

SUPPORTING YOUR CHILD'S BIG FEELINGS:

AN EMOTIONING COACHING APPROACH

Would you like to know about supporting your child's emotions?

In this workshop we will explore...

- How to support your child's feelings in the moment and for the future.
- A range of strategies (including emotion coaching) to boost your child's, and your own, emotional resilience.

WHEN?

13TH JANUARY 2026

10-11AM

REGISTER HERE!

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