

My Feelings Matter

A FREE workshop in
STEVENAGE



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

Thursday 15th March 2018
9.30am- 12.00noon
at
The Community Room
Peartree Spring Primary
School
Hydean Way, Stevenage
SG2 9GG



To book your FREE place please contact
sue@familiesfeelingsafe.co.uk
or Tel: 07531 247657

* Please quote the date of the workshop you are booking

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