

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



DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

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