



# Emotional Literacy and Worry Management Parent Workshop



Join the Changing Lives Mental Health Support Team online, where we will talk about strategies to help support your child's emotions and worries.

How to discuss emotions with your child

Understanding worry and how to recognise the signs of worry

Strategies to support your child with worry

## Parent Workshop Dates:

Wednesday 9th Feb at 10am  
Wednesday 9th March at 7pm

Please register your interest using the QR code:



To join 9th February: [click here](#)  
To join 9th March: [click here](#)

