

FAMILIES AND COMMUNITIES TEAM

## PARENT WORKSHOPS



**Parent Workshop:** Managing and Supporting your Child's emotions.

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Workshop**. In this workshop we look at what drives behaviour in young people. It aims to help parents to understand some of the challenges that young people face when managing their emotions and offers practical ideas on how to support a young person with their emotions.

The Workshop is available to the families of children **in Alsager** and will be held **at the Alsager Highfields Community Primary School in Alsager** for **face-to-face** delivery. If you would like to book a place on the Workshop, please contact the

[FamiliesandCommunitiesTeam@visyon.org.uk](mailto:FamiliesandCommunitiesTeam@visyon.org.uk), who will contact you with further details.

**Please state the Workshop name and date in your email subject box and provide a contact number.** Places are limited and will be allocated on a first come basis.

### Parent Workshop

- Monday 6<sup>th</sup> February at 3.00 pm – 4.30 pm.

