

FAMILIES AND COMMUNITIES TEAM

PARENT CARER WORKSHOP



Managing and Supporting your Child's emotions.

Visyon's Family and Community Wellbeing Team are pleased to offer a **90-minute Parent Carer 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 families in **Cheshire East** and will be held **at Visyon in Congleton** for **face-to-face** delivery. If you would like to book a place, please contact the 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

- Wednesday 19th July at 10.30 am – 12.00 pm.

