

Making Sense of Big Feelings

Workshop for parents and carers

Understand emotions, de-escalate meltdowns, and connect with your child

Big emotions can lead to challenging moments for the whole family. This relaxed, neuro-inclusive, one-off workshop offers practical, science-based strategies to help you understand your child's emotions, calmly de-escalate meltdowns, and ensure they feel heard and validated. An individual workshop, suitable for families with children of any age.



Tuesday 6th October

12.30pm – 2.30pm

Barnes Children's Centre

67b Lower Richmond Road

SW14 7HJ

Monday 9th November

10.00am – 12.00pm

The White House Family Hub

45 The Avenue

TW12 3RN

To book your place on to this course, please scan the [QR code](https://forms.gle/zd9v3NCdkXen7x6Q8) or visit <https://forms.gle/zd9v3NCdkXen7x6Q8>.

To find out more, contact Tom Maybey, Richmond Parenting Lead.

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