

# Coping with teenagers emotions workshop



Are you struggling to manage your child's behaviour?

Are you worried about your child?

Would you find it beneficial to meet with other parents who are feeling the same way and to look at a range of ideas which may help your family make changes?

## What do we offer?

- A 2 hour, one off session for parents looking for a toolkit of strategies to support their child to manage their emotions effectively.
- This workshop explores a range of strategies combining advice, rehearsal and self-evaluation.
- We hope to support you to make positive changes within your family in a safe and friendly environment.

## When?

Tuesday 19<sup>th</sup> March

5.30 – 7.30pm

## Where?

Patcham High School



To book a place please contact Sarah Goble on [sgoble@patchamhigh.org.uk](mailto:sgoble@patchamhigh.org.uk)

This workshop will be delivered by Brighton & Hove Parenting Team

in partnership with Patcham High School