

*It's not about waiting for the storm to pass, it's about learning to dance in the rain*

## MANAGING ME FOR PARENTS SUPPORTING YOUR CHILD TO MANAGE EMOTIONS



**Workshops delivered daytime and evenings via Zoom for 3.5 hours to include breaks. This 3.5 hour workshop aims to:**

- Explore key elements which contribute to mental well-being
  - Understand how the brain and body respond to stress
  - Identify stress triggers and signs in self and others
- Explore ways to communicate feelings, to be heard and understood
- Better understand children's emotions, supporting them to recognise & manage feelings
- Develop a toolkit of techniques to reduce stress at different stages and de-escalate emotionally charged situations

**Eligibility Criteria applies. To discuss how to access a workshop, contact**

**team@nextchapternwcic.co.uk or 0790 7445526**

**Contact us on Facebook - Next Chapter**