

**FREE**

# online parenting workshop



## UNDERSTANDING YOUR EMOTIONS AND MANAGING YOUR RESPONSES

THIS WORKSHOP IS DESIGNED TO PROVIDE YOU WITH PRACTICAL TOOLS AND STRATEGIES TO UNDERSTAND YOUR EMOTIONS, IDENTIFY TRIGGERS AND EFFECTIVELY MANAGE YOUR RESPONSES IN VARIOUS SITUATIONS.

THIS IN TURN WILL REDUCE IMPULSIVE REACTIONS THAT CAN KEEP CONFLICT GOING IN YOUR RELATIONSHIPS

Tuesday, 25th  
June 2024  
10am-12pm  
via MS Teams



Delivered by  
Chris Kolade  
Parenting Service

THIS SESSION IS AIMED AT PARENTS/CARERS OF CHILDREN AND YOUNG PEOPLE OF ALL AGES

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register your place