

Community Wellbeing Team Parent/Carer Workshops

YMCA East Surrey's Community Wellbeing Team invites you to attend our free online workshops for parents/carers:

- ▶ Talking to your child and supporting them to cope with worries
- ▶ Understanding, expressing and managing emotions

These workshops are suitable for parents/carers with children aged 8+. Our Community Wellbeing team will provide you with information and key strategies to support your child. There will also be time for you to ask any questions that you have via the online chat function.



For dates and times and to book your place,
please visit our website:

www.ymcaeastsurrey.org.uk/parent-workshops/

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