

# Ealing Speech and Language Therapy

## Over 5's Parent Workshops

Are you a parent of a primary school-aged child looking for practical advice?



We are running a workshop on:

**Understanding behaviours and managing emotions: How can I help my child?**

**Thursday 6<sup>th</sup> October**

**11-12pm**

**Via Zoom**



On this workshop you will learn:

- ✓ What is my child's challenging behaviour telling me?
- ✓ Why understanding our own and others' emotions can be tricky
- ✓ Practical ways to help children understand and express how they feel
- ✓ Strategies to help manage emotions

PARENTS: to book a **FREE** place:

**Email** [wlm-tr.sltuniversalservices@nhs.net](mailto:wlm-tr.sltuniversalservices@nhs.net) with your name and the name of the workshop

or

**Call** [07512 716 478](tel:07512716478) between 1-4pm on Monday-Friday

*(Please ask to speak to the Universal team about workshop bookings)*

Our workshop is free and accessible **via zoom!**