



## DEALING WITH FEELINGS

### PARENTS BUILDING SOLUTIONS

**PARENTING IS ONE OF THE MOST  
DIFFICULT JOBS YOU WILL EVER DO!**

**DATE:** Tuesday 15th August

**TIME:** 1 - 2.30pm

**WHERE:** Online - please note this  
interactive session is NOT  
recorded

**COST:** FREE!

For more information, contact:

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Would you like to explore ways to:

- Improve communication with your children?
- Help your children to become more resilient?
- Support your children if they feel they are being bullied?
- Support your children to self-soothe?
- Help your child to develop healthy self-esteem?

Join us to explore positive parenting strategies to  
respond to these parenting challenges

T32023 Dealing with feelings  
REGISTRATION – BRIEF ONE  
SESSION



Register using the QR code or this link:  
<https://forms.office.com/r/f3YXNfGbxv>

# PARENTZONE