

CHILD AND ADOLESCENT EMOTIONAL WELLBEING PROGRAMME

A programme for parents and carers to get advice and strategies to support children and young people with their emotional wellbeing.

MANAGING EMOTIONS, RESILIENCE, AND SELF-ESTEEM

In this session we will focus on managing emotions, resilience and self-esteem, all of which are difficult for children and teenagers to navigate. The session will focus on giving you a better understanding of these elements, as well as developing strategies which will help you support the children and young people in your life.

WHEN: Monday 21st November, 6pm to 8pm (arrival from 5:45pm)

WHERE: Bedford Academy, Mile Road, Bedford, MK42 9TR

HOW TO BOOK: For full details and to book a free place [CLICK HERE](#), scan the QR code or follow us on twitter @camhswellbeing1



SCAN ME

