



## **FREE ONLINE WORKSHOPS**

### **MANAGING CHILDREN'S FEELINGS AND BEHAVIOUR**

Struggling to manage challenging behaviour? You are not alone!

These workshops aim to help you feel empowered at managing those tricky situations knowing you are doing the best for your child and yourself.

**When?** Thursdays 7pm - 8:30pm

**6th June** - Emotional Regulation

**13th June**- Developing Resilience

**20th June** - Expectations and Routines

**27th June** - Discipline and Boundaries

**Where?** Online using Microsoft Teams.

**Cost?** None. It's free to those living in Oxfordshire.

**For more information or to book a place,**

**Visit:** [www.abingdon-witney.ac.uk](http://www.abingdon-witney.ac.uk) and search: 'Managing Children's Feelings and Behaviour' or phone: 01235 216 278