

NEW



PARENT WORKSHOP

SUPPORTING YOUR CHILD'S SELF-REGULATION

Learn about effective practical strategies to help your child manage their emotions, reduce ineffective behaviour and develop some self-regulation skills. This workshop focuses on developing a calmer supportive home environment.

Cost: £15 per family
maximum 2 to attend
Date: 8th May 2026
9.30-10.30

Woodbridge Training Hub
Waggon Road, Bolton
www.woodbridgesend.co.uk

