NHS

MENTAL HEALTH SUPPORT TEAMS

Emotion Regulation

The Mental Health Support Team (MHST) are a team of mental health specialists supporting children and young people through Cognitive Behavioural Therapy (CBT).

This workshop aims to help parents to understand child emotion regulation and build practical skills to support their child during emotional challenges.

If you would like to learn more about emotion regulation and how you can support your child, please join the MHST for our workshop on:

Wednesday 18th November

Wootey Junior School

3:30pm start

Please let your organiser know if you are able to attend!

