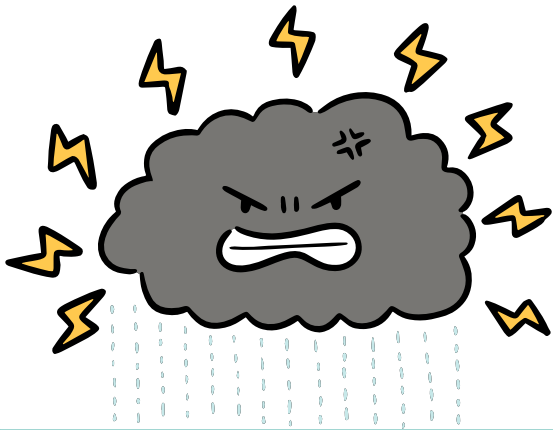


Parent & Carer Session: Understanding anger & managing strong feelings

Join Us

Wednesday 7th Feb
2pm-3.15pm

Please wait at the main school office



Anger is a normal and useful emotion, but angry behaviour can be difficult to manage and can have a big impact on family life.

Please come along to this parent & carer session with Ellie from the Mental Health Support Team (MHST). We will explore and unpick the feeling of anger and look at practical calming strategies.

This is also a great opportunity to meet with other parents & carers at Summerhill Infant School.

If you are unavailable in the afternoons but would like to attend this session, please let reception know and we can arrange a morning session for next term. Thank you!



Community Children's
Health Partnership



Avon and Wiltshire
Mental Health Partnership
NHS Trust

