

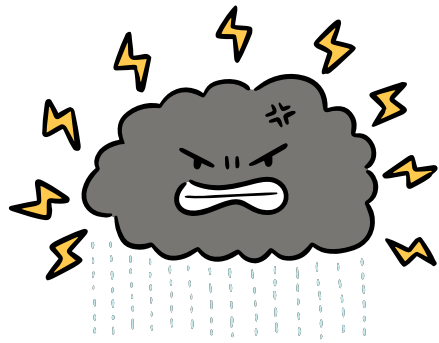
Parent & Carer Session

Understanding Emotions: Tools to Thrive

Join Us

**Tuesday 12th May at
2pm**

**Please wait at the main
entrance**



Emotions are a natural part of being human, but making sense of them isn't always straightforward.

Please join us for this free parent and carer session with Ellie from the Mental Health Support Team (MHST), where we'll explore tricky emotions and learn practical calming strategies to support children through challenging moments.

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



Community Children's
Health Partnership



Avon and Wiltshire
Mental Health Partnership
NHS Trust

