



**FREE**

# online parenting workshop

## UNDERSTANDING YOUR EMOTIONS AND MANAGING YOUR RESPONSES



This workshop is designed to provide you with practical tools and strategies to understand your emotions, identify triggers and effectively manage your responses in various situations. This in turn will reduce impulsive reactions that can keep conflict going in your relationships

This session is aimed at parents/carers of children and young people of all ages

*Tuesday, 25th  
June 2024  
10am-12pm  
via MS Teams*

**Delivered by  
Chris Kolade**  
– Ealing Parenting Service

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register your place