



Emotional Regulation in the Home

A training and information session for parents and carers, led by psychologists from the Bury Community Educational Psychology Service. This session is designed so you can explore your child's emotions, why big feelings happen and take away some simple, practical strategies to support emotional regulation for you and your child

We are running two sessions in the afternoon which will cover the same content. We hope that one of these will suit your availability.

Please note that these sessions are not designed for in-depth discussions about individual children.



Thursday 18th June

Session 1: 1.30pm-3pm

Session 2: 4-5.30pm



**Higher Lane Primary
School, Egerton Road,
M45 7EX**

ALL PARENTS AND CARERS WELCOME!



We would appreciate it if you could email p.marks@bury.gov.uk if you are able to attend.