

Being a parent can be challenging especially when our children are struggling with their emotional well-being. We often think we're getting it wrong, feel alone and have no where to turn.



**Join HOPE zoom parent support sessions;  
a safe place to find information, chat and  
learn from each other through  
shared experience.**

**Tues 27th April: 7.00pm or Thursday 29th April: 10.00am**

**Supporting your child to better manage Anger**

Exploring anger, emotions behind anger and how it presents. Practical ideas, resources and chat to help you support your child recognise and better manage anger

You don't need to be on camera or speak, you can use the chat facility or just listen

To find out more contact your HOPE mentor in school or Keddie on 07508 176043

keddieHOPE2021@outlook.com

Or register:

<https://us02web.zoom.us/meeting/register/tZwsde6gqT0jG9Z1P-U0lckA4Y7KBzYDihxU>



**HOPE**  
Helping  
our PUPILS'  
Emotions