

HOPE Virtual Parent Support

Understanding Anger in our children & tweens



Tues 23rd April 7pm / Thurs 25th April 10am

- ⇒ Understanding anger and emotions feeding it
- ⇒ Emotional regulation
- ⇒ Managing behaviour and calming strategies
- ⇒ Emotion coaching ideas
- ⇒ Resources and signposting

What a wonderful project, amazing advice, thank you!

These sessions are really useful and very re-assuring

Feel free to listen off camera and mic or use the chat facility to participate

HOPE Parent Support Sessions;

a safe place to find information, chat and learn from each other through shared experience.

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

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SCAN ME



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