



Understanding and Managing Emotion, The River of Wellbeing

Parents and carers are invited to take part in this two-part workshop to find out more about emotions; where they come from and how to positively manage them. The second part of the workshop brings the whole family together to create their own River of Wellbeing.

Who is it for? Parents and carers with children in school years 7-13

(please note parents/carers attend the second session with their children)

When and where is it happening? First session (parents/carers only): Friday 1st March 9:30am – 11:00am, Second session (whole family): Wednesday 13th March 4:00-5:00pm at The Bridge Child and Family Centre, Le Geyt.

How can I take part? Please contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je to reserve your spaces.

(please note that spaces on this workshop are limited and will be allocated on a first come first served basis).

The Children and Families Hub provides information, advice and support for children, young people, and families.

To find out more, scan the QR code or visit www.gov.je and search for *Children and Families Hub*

