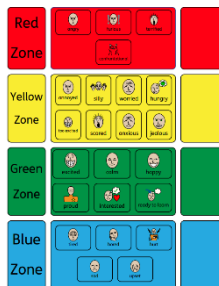


Zones of Regulation, anxieties and worries workshop



Thursday 2nd November

3pm – 3.30pm

Cecil Road School Hall

This workshop will be delivered by Miss Day and our Emotional Wellbeing practitioner.

You will:

- Get a Zones of Regulation resource to take home.
- Understand how to support your child with worries and anxieties they may have.
- Get to look at books to support children in understanding worries and anxieties.

No need to book, just turn up.