

# Ealing Speech and Language Therapy

## Over 5's Parent Workshops

Are you a parent of a primary school-aged child looking for practical advice?

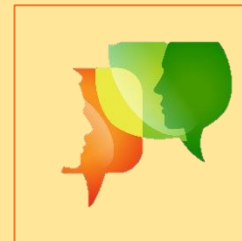
We are running a workshop on:

### Understanding behaviours and managing emotions: How can I help my child?

Thursday 27<sup>th</sup> May

1-2pm

Via Zoom



On this workshop you will learn:

- ✓ What is my child's challenging behaviour telling me?
- ✓ Why understanding our own and others' emotions can be tricky
- ✓ Practical ways to help children understand and express how they feel
- ✓ Strategies to help manage emotions

PARENTS: to book a **FREE** place please:

**Email** [wlm-tr.sltuniversalservices@nhs.net](mailto:wlm-tr.sltuniversalservices@nhs.net) with your name and the name of the workshop

or

**Call** [0300 1234544](tel:03001234544) between 1-4pm on Monday-Friday  
(Please ask to speak to the Universal team about workshop bookings)

Our training is free and accessible **via zoom** and can be accessed from the comfort of your own home!