NHS
South West London and St George's Mental Health NHS Trust

Education Wellbeing Service

Education Wellbeing Service Webinar

Supporting Big Emotions at Home and School: The Zones of Regulation



The Primary Years are a time of rapid development and huge change; it is also a time where emotions can be expressed and experienced in many different ways.

This free session for parents of primary school children in South London schools looks at Emotion Regulation skills and strategies.

DATE / TIME

Wednesday 2nd December

12.30-1.30pm

Scan the QR code or click here

LOCATION

Online - Hosted on Teams

Sign up to either event for free on Eventbrite by scanning the QR Code.

You can also check out our other events by clicking here

wellbeinginschoolsevents@swlstg.nhs.uk

DATE / TIME

Wednesday 2nd December

7.30-8.30pm

Scan the QR code or click here