

Managing Emotions, Resilience & Self-Esteem

Tuesday 16th April 2019



East London
NHS Foundation Trust

This is the second session of the Child & Adolescent Emotional Wellbeing Programme which is being run by Bedfordshire CAMHS

Please note that these sessions are for parents & carers only

When: Tuesday 16th April 2019

Time: 6—8pm (arrival from 5.45pm)

Where: King's House, Bedford, 245 Amphill Road, Bedford, England, MK42 9AZ

In this session we will focus on managing emotions, resilience and self-esteem, all of which are difficult for children and teenagers to navigate.

The session will focus on giving you a better understanding of these elements, as well as developing strategies which will help you support the children and young people in your life.

How can I book tickets?

Tickets are free and are available online from www.eventbrite.co.uk by searching for 'child and adolescent wellbeing'

You can also scan the QR code on your smartphone for access to the website



Information for Professionals

We have availability for a limited number of professionals to attend this session, if you are interested then please contact the office on 01234 310800/01234 893301 and ask for Kirsty Sharp or Sue Hollingsworth to book them directly

Please let the receptionist know that you are calling regarding tickets for the event, this is to ensure you are passed to the right person!