

Emotion Coaching

A workshop Available to all Nottinghamshire families of children who were previously in care



14th December 2023



This is the first of three workshops. This will focus on thinking about how children and young people understand emotions and what can happen when emotional dysregulation occurs. Before introducing the Emotion Coaching intervention so that families can use this as a tool to teach and support children and young people in understanding and managing their emotions.



9:30am - 3pm



9:30am - 12.30pm = Workshop

12:30-1pm = Lunch

1-3pm = Peer group supervision



**Edwinstowe House, High Street
Edwinstowe Nottinghamshire NG21 9PR**

**BOOK
NOW**

