

# My Feelings Matter

A FREE workshop in  
STEVENAGE



for Mums, Dads &  
Carers



For Parents and Carers of Primary  
age children

The workshop will cover:

- \* The link between Feelings, Thoughts & Behaviour
- \* Recognising & understanding feelings and Early Warning Signs
- \* Exploring feelings and how to deal with them

Thursday 15th March 2018  
9.30am- 12.00noon  
at  
The Community Room  
Peartree Spring Primary  
School  
Hydean Way, Stevenage  
SG2 9GG



To book your FREE place please contact  
[sue@familiesfeelingsafe.co.uk](mailto:sue@familiesfeelingsafe.co.uk)  
or Tel: 07531 247657

\* Please quote the date of the workshop you are booking

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