



PARENT MENTAL HEALTH WORKSHOP

Supporting and
Understanding
Children's emotions

This workshop is designed for parents and carers who want to better understand their child's emotions and learn practical ways to support emotional regulation and wellbeing.

Topics Covered:

- How children experience and express emotions
- Emotional regulation strategies for children
- Practical tools to support children through big feelings

DATE & TIME

Tuesday 6th
October 2026
13.30 – 15.00

How to register?



Please email
abaporia@tawhid.org.uk or
scan the QR code

MOTHERS ONLY



**Facilitated by CAMHS
clinicians**