

# Decider Skills for Parents & Carers - Upper Tamar

The skills are aimed at helping young people to recognise and understand their emotions, and promote positive mental health. They also include basic problem solving and conflict de-escalation skills, and have a strong focus on supporting children in regulating their own emotions. •

**Mondays 15th and 22nd January 7pm-8pm**

**Sign up online:**

<https://forms.office.com/e/Nx4s7WdDXx>



Online



The  
**Decider**