

Decider Skills for Parents & Carers - Caradon

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. •

Thursdays 11th & 18th January Online
9:30am - 10.30am

Sign up online:

<https://forms.office.com/e/1HUpWYxCdt>



Online



The Decider