



## EMPOWER YOUR CHILD TO MANAGE THEIR EMOTIONS

Are you a parent or carer looking to better support your child's emotional well-being? Join our sessions designed to help you understand and nurture your child's emotions.

FREE Online sessions available this May:  
Managing Big Emotions, Managing Anger, Self Esteem For Teens,  
Understanding Children's Anxiety, Understanding Teen Stress, Zones of Regulations.

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Visit **aclessex.com** and type '**emotions**' in the search courses box

**FREE**

**COMMUNITY &  
FAMILY LEARNING**

