



PARENT AND CARERS ARE INVITED TO LEARN
MORE ABOUT

EMOTION COACHING

Emotion coaching helps children and young people to manage their own feelings and behaviour through helping them to understand the different emotions they experience, why they occur, and how to respond them. You will have a chance to learn more about the 5 steps of emotion coaching with practical examples of how to use them to support interactions with your children; also a chance to connect with other families during this challenging time.



Sarah Canavan - King
Educational
Psychologist



Michele Haigh
Parent/Carer Support
Worker



**Oak Tree
School**

When: Tuesday 3rd, 10th
& 17th October

Where: Oak Tree School

Time: 12.30-2.30pm

Buffet lunch provided For
those who can't make the
sessions at school

There will be an online
session on: **Thursday 2nd
November from 1-2pm.**

To book, please email
Michele Haigh (Parent and
Child Support Worker)

michele.haigh@oaktreeschoolcornwall.co.uk