

MENTAL HEALTH & PSYCHOLOGY NEURODEVELOPMENTAL SERVICE



MANAGING MELTDOWNS

MANAGING MELTDOWNS IS A WORKSHOP FOR PARENTS WHO ARE LOOKING TO GAIN POSITIVE STRATEGIES AND LEARN MORE ABOUT HOW TO MANAGE AND UNDERSTAND DISTRESSED BEHAVIOURS.



DATE & TIME: TUESDAY 21ST NOVEMBER 2023,
12.30PM-2.30PM



LOCATION: NCT CENTRE, 17 MANSE ROAD,
NEWMAINS, ML2 9AX

CONTACT US TO CONFIRM ATTENDANCE ON:



WORKSHOPS.NDS@LANARKSHIRE.SCOT.NHS.UK

MENTAL HEALTH & PSYCHOLOGY NEURODEVELOPMENTAL SERVICE



ANXIETY

THE ANXIETY WORKSHOP AIMS TO PROVIDE FAMILIES WITH POSITIVE PARENTING STRATEGIES TO HELP MANAGE ANXIETY IN CHILDREN AND YOUNG PEOPLE AND CREATE A CLEARER UNDERSTANDING OF ANXIETY.



DATE & TIME: TUESDAY 7TH NOVEMBER 2023,
12.30PM-2.30PM



LOCATION: NCT CENTRE, 17 MANSE ROAD,
NEWMAINS, ML2 9AX

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