

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



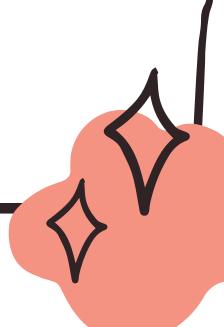
LOCATION:

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





WORKSHOPS.NDS@LANARKSHIRE.SCOT.NHS.UK





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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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CONTACT US TO CONFIRM ATTENDANCE ON:



WORKSHOPS.NDS@LANARKSHIRE.SCOT.NHS.UK

