

How to Parent Through *Big Feelings*

Parent Workshop Wednesday, January 14th

7 - 8:30PM

**Be Well with SEL
790 Turnpike Street, Suite 102
North Andover, MA**

Join us to learn what drives your child's BIG feelings and behaviors, what to avoid in the heat of the moment, and how to respond in ways that help calm your child. You'll walk away with simple practical tools you can start using immediately without yelling, power struggles, or guilt. You also get answers for your specific challenges during the live Q&A.

Not sure if your child has BIG FEELINGS or just age-appropriate reactions?

Here are some ways to tell if this workshop is perfect for you:

If your child is easily frustrated, anxious, and their emotions are all consuming.

If you're often on edge because your child's emotions are unpredictable.

If your attempts to help tend to escalate the situation instead of calming it down.

If you are at a loss as to how to help and don't know what to do.

**In less than 2 hours, you'll gain a deeper understanding of your child
and a set of practical tools you can start using right away to support
them with confidence and calm.**

All for just \$40.



Scan to register.

Mel Feirce
Parent Coaching