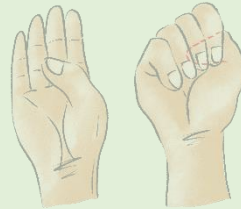




"Mindful Emotion coaching is about helping us all understand the different emotions we experience, why they occur and how to handle them"



Mindful Emotion Coaching and Adverse Childhood Experiences 'All Emotions Are Okay'

Parents/Carers Webinar

Saturday 2nd October, 10am-1:30pm

Book now: <https://www.ehcap.co.uk/parent-support>

For more information about the work behind Mindful Emotion Coaching, please follow this link to the website: www.mindfulemotioncoaching.co.uk

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