



# SPACE

## Supporting Parents And Children Emotionally

**SPACE** is a **free** programme for **any parent or carer** who wants to better understand and support their children's emotions, as well as their own.

### This 5 week online programme will cover:

- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

**MHST has an available upcoming programme starting on:**

**Monday 4th November 2024**

**at**

**8.00pm - 9.30pm**

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/nsdVXmD4YN>



**These courses are for parents/carers of children 5-11 yrs only**

**Spaces are limited, if you cannot attend, please notify us ASAP - 01726 873204**

HEADSTART  
KERNOW



CORNWALL  
COUNCIL  
*one and all - onen hag oll*

Together   
for Families

 COMMUNITY  
FUND