

**Abingdon
& Witney
College**

**Oxfordshire
Adult
Learning**

A FACULTY OF ABINGDON & WITNEY COLLEGE



Managing Feelings & Behaviour

Where? The Maple Tree, Littleworth Road, Wheatley, OX33 1NW

When? Mondays 9:30 - 11:30 (teas and coffees served from 9am)
3rd November - 8th December

Cost? Free to families living in Oxfordshire (Ts & Cs apply)

A course for parents and carers which covers the following topics:

- Emotional regulation
- Positive discipline and boundaries
- Managing meltdowns effectively

To book a place please email:



info@mapletree.org.uk

