

**Tuesday
21st
November
2023**

HELPING CHILDREN MANAGE CHANGE & TRANSITIONS

Change is inevitable in childhood, so children need to feel able to manage. Sometimes change will impact on how they behave and they may need some guidance to process what's happening. As a parent, you can help them learn to cope with changes in their lives such as moving to a new school, getting ready for a new sibling, moving house, etc.

Online Session

7pm - 8pm

[To book a place please click](#)