



# Drumbeat Outreach

## **Parent Workshop**

### **Emotional Regulation Strategies**

A practical session looking at how to support your young person to develop self-regulation strategies by creating their own toolkit to manage their responses, thoughts and feelings.

**Tuesday 13<sup>th</sup> June 2023 – 6-7.30pm**

**This session will be a webinar.**

Please email [outreach.admin@drumbeat.lewisham.sch.uk](mailto:outreach.admin@drumbeat.lewisham.sch.uk) or telephone 020 3143 1431 to reserve your place.



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