



Workshop for Parents of Children Between 0 to 5 Years of Age: Building Resiliency in the Early Years

The CHUMS Family Wellbeing Team is offering a one-off virtual workshop which will explore the role of resiliency in children as they progress through the early years.

Together we will look at the importance of relationships and healthy attachment, learning from others and emotional regulation. We will explore strategies and techniques that can help build resiliency in children as well as some tips for dealing with anxiety in younger children.

If you are interested in attending this workshop please contact us on the email address below and provide parent/carer name, child's name and contact number.

Email: fwteam@chums.uk.com

PLEASE NOTE: YOU MUST BE REGISTERED WITH A GP SURGERY IN CENTRAL BEDS, LUTON OR BEDFORD BOROUGH TO ATTEND THIS WORKSHOP.

Once you have registered your interest, you will be contacted via email with more information on the workshop as well as a registration form to complete

Spaces are limited so please contact us to avoid disappointment.