

Register for our
online free sessions
for parents

Tuning in to Kids



LED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM

Would you like to feel more confident at:

- ✓ Helping your child cope with big feelings?
- ✓ Staying calm and confident during challenging moments?
- ✓ Understanding what your child is telling you through their behaviour?
- ✓ Building a stronger, more positive relationship with your child?

"I HAVE LEARNT A LOT THAT
I DIDN'T EVEN CONSIDER!
I FOUND IT VERY HELPFUL"

PARENT



12:30-14:30



Mondays: 2nd November, 9th November, 16th November,
23rd November, 30th November, 7th December 2026

(you need to be able to attend
all 6 dates)



Virtually via MS Teams



[Click here to Register](#)

Or search bit.ly/TIK2ndnov

