



Calm Together – Emotional Regulation You and Your Child

This course aims to help with empathy, understanding, and acceptance. By fostering a deeper appreciation for our own and our children's experiences, participants will emerge with the knowledge and tools to create a more inclusive and supportive environment for their family, and society as a whole.

Where:

Online 2-hr workshop via Zoom

Date::

5th October 2026

Time::

10-12pm

To book a place please contact:

Please call Swanley Family Hub on
03000 421545 for further
information on how to sign up



Kent Adult Education is part of
Community Learning and Skills



For more information
scan the QR code

kentadulthoodeducation.co.uk
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