



☀️ Help Your Child Master Their Emotions ☀️

**Tuesday 3<sup>rd</sup> June 9-11.30am All Saints' Primary School**

Join our transformative sessions designed to equip you with information to support your child to understand their emotions, & to self regulate.

**Sign Up!**

- Scan the QR code, or
- Visit our website

**aclessex.com** and type the word 'Zones' in to the 'Find a course...' box

