

Tandridge Family Centre



Managing Emotions Programme 8-11yrs

What is Managing Emotions?

The Managing Emotions 5-week programme helps parents understand their child's feelings and behaviours. Parents will learn simple, practical ways to respond calmly and support emotional development. It builds confidence, strengthens relationships, and promotes a more positive home environment for all.

3rd June 15:45pm - 16.30pm

Tandridge Family Centre, Hurst Green RH8 0HJ
Close to the train station and the 410 bus route.

For more information please email:
tandridgefamilycentre@barnardos.org.uk
or call 01883 723496



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Changing lives.