

# Parent and Family Support Service



These discussion based virtual sessions provide a safe space for parents to come together, share their experiences and get reliable information.

December's Platform to Talk will explore the theme of emotional literacy. You will discover ways that you can help nurture emotional resilience in your child, so that they become better at recognising their feelings and managing their emotions.

**Platform to Talk- Emotional Literacy**  
**Friday 10 December**  
**10am- 11am**  
**Delivered online through Zoom**

Book your place through Eventbrite  
<https://www.eventbrite.co.uk/e/platform-to-talk-tickets-174099655757>