



# Guru Nanak Multi Academy Trust Ltd

Incorporating:  
Nanaksar Primary School &  
Guru Nanak Sikh Academy  
Founder – Sant Baba Amar Singh Ji

10<sup>th</sup> January 2022



## Helping Children & Teenagers Manage Emotions

Dear Parent

WildHearts would like to inform you of the upcoming instalment of their next Mental Health and Wellbeing Webinar: **Helping Children & Teenagers Manage Emotions (For Parents)**. Please see details below:

### **Helping Children & Teenagers Manage Emotions (For Parents) - Thursday 20th January 7pm**

This talk explores how parents can help their children manage difficult emotions, build emotional resilience and emotional intelligence. The techniques explored are particularly useful for those flash-point moments when drama strikes. The webinar will be led by Alicia Drummond, one of the UK's leading adolescent therapists and founder of Teen Tips.

Places are limited, so will be offered on a first come first served basis. Please register your place [here](#).

Yours faithfully  
GNSA Safeguarding Team



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