



**NHS**  
East London  
NHS Foundation Trust

# CHILD & ADOLESCENT EMOTIONAL WELLBEING PROGRAMME

NOW AS ONLINE WEBINARS & AVAILABLE  
IN BEDFORDSHIRE & LUTON

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A PROGRAMME FOR PARENTS & CARERS TO GET ADVICE AND  
STRATEGIES TO SUPPORT CHILDREN & YOUNG PEOPLE WITH THEIR  
EMOTIONAL WELLBEING

## MANAGING EMOTIONS & SELF-ESTEEM

DAYTIME SESSION      EVENING SESSION

WEDNESDAY 10TH      WEDNESDAY 24TH  
MARCH 2021      MARCH 2021

10.00AM - 11.30AM      6.00PM - 7.30PM

FOR FULL DETAILS CLICK ON THE FOLLOWING LINKS

[DAYTIME SESSION](#)

[EVENING SESSION](#)

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