

## CALM TOOLS for families

Would you like to:

- Learn how to stay cool in a meltdown
- Learn about emotional trigger points
- Understand why your child loses control of their emotions
- Learn ways to help your children manage the tricky times
- Help the whole family feel good and get the most out of life

If you would like some useful, supportive and practical help with the above then CALM TOOLS for families course is for you!

Each family is different and we work with you to develop a toolkit for your family which will make the tricky stuff feel much easier and give you the confidence to know you are supporting the emotional health of your family in the best possible way.

We are teachers and parents who have also had plenty of bumps in the parenting road so you will be amongst friends!

The three week course costs £80. It includes a wonderful resource pack giving you lots of ideas to use at home which really make a difference.

Book via the website: [www.openmindsuk.org.uk](http://www.openmindsuk.org.uk)

