

ADULT COMMUNITY LEARNING

ALL COURSES ARE FOR ADULTS 19+



For further information or to book a place on this course*
please contact: info@thecrossley.co.uk or phone 01983 861164

Would you like to feel able **to manage meltdowns?**



Join our zoom class

Taming the Emotions Monster

Learn how to become an 'Emotion Coach'

Practical ideas to practice at home with your children



Thursday 14th January 2021

Either 10:00-11:30 am

or 6:00—7:30 pm

*Booking & enrolment required before Tuesday 12th January to secure a place on this session

*enrolment required just once (for any number of sessions)