



Calm Together – Emotional Regulation - You and Your Child

This course aims to help with empathy, understanding, and acceptance. By fostering a deeper appreciation for our own and our children's experiences, participants will emerge with the knowledge and tools to create a more inclusive and supportive environment for their family, and society as a whole.

Where:

Online

Date::

Tuesday 2nd June 2026

Time::

19:00 – 21:00

To book a place please contact:

Swalefh@kent.gov.uk



Kent Adult Education is part of
Community Learning and Skills



**For more information
scan the QR code**

kentadulthoodeducation.co.uk
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