

**NHS****North East London**
NHS Foundation Trust

Managing Emotions Workshop

Come along to Westcliff Library, London Road,
and join the South-East Essex MHST for a free
drop-in session. "How to talk to your child
about managing emotions", and to find how
to access support:

Suitable for children aged 7-11 yrs
accompanied by parent/carer.

Wednesday 28th October 2026

Time: 10:00am - 11:00am

Time: 11:10am – 12:00pm

Book via EventBrite: <https://www.eventbrite.co.uk/e/managing-emotions-workshop-tickets-2003296422527?aff=oddttdtcreator>

Emotions Education
Breathing
Techniques
Practical Skills
Advice
And craft activities!

Follow our socials:

[@EssexMHST](#) and [SETcamhs](#)

**For further information about what we offer,
please do have a look at our website:**

<https://www.nelft.nhs.uk/essex-mental-health-support-teams/>

