



GROWING FEELINGS



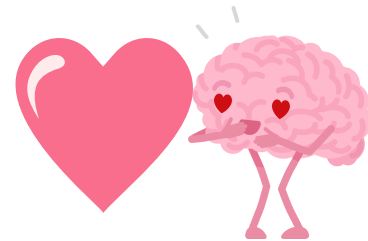
PARENT-CHILD GROUP

EMOTIONAL LITERACY SUPPORT APPROACH (ELSA)

Are you a parent/carers looking to enhance your understanding & support your 3 or 4 year olds emotional development?

Join us in a safe and welcoming space where we explore our feelings, build emotional literacy, and support one another. A chance to connect with other parents and explore play-based learning with your child.

Across the 5 weeks we will explore:



Parent only workshop (week 1): 3 hours

This workshop is for parents only, creating space for open conversation & focused learning without distractions. A crèche will be available for families who need childcare during the session.

Following weeks: 4 play-based sessions (1.5 hour)

The following 4-weeks will be play-based sessions for parents and children, where practical strategies are explored & modelled by ELSA-trained Start for Life Portage Practitioners. Sessions are informed by psychology, with a gentle focus on understanding regulation for both you and your child.

Parent only workshop - 21st September 12pm-3pm

**Play based sessions - 28th Sept, 5th Oct, 12th Oct, 19th Oct
1pm-2.30pm**

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