



Understanding and Managing Emotions Webinar

Monday 2nd March 2026
4pm-5pm

This webinar is aimed at parents or young people needing support and advice.

The webinar will focus on:

Discussing emotions and how they impact us
Exploring things we can do to make our emotions feel more manageable

Joining Information

To join our sleep workshop please scan the QR code and follow the instructions to join using Microsoft Teams. You can also join using the following details:

Meeting ID: 344 816 823 367 87

Passcode: Kf7nx7bk



If you have any issues logging on or any questions prior to the workshop please contact

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wellbeinginmind.mhst