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# Supporting your child's emotional wellbeing

We are offering a 4 week course for parents to come and gain some knowledge and learn strategies on how to support your child with their emotions.

**First session on Emotional Regulation starting Monday 17th September at 4.30-5.30pm at Llangatwg community School. Meet at reception.**

**Any questions contact Carolyn - Family Engagement Officer on 07870 916053**

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