

Emotion Coaching

How to Support Your Child When Their Feelings Get Big

A workshop available to Nottinghamshire families of children who are adopted, in kinship care and/or were previously in care



2nd July 2026

This session will cover how children and young people understand emotions and what can happen when their feelings overwhelm them. We will look at Emotion Coaching – a way for families to teach children about their emotions and respond “in the moment” when big feelings happen.

9:30AM - 3:30PM

Park Plaza Nottingham
11 Maid Marian Way
Nottingham NG1 6GD



BOOK NOW:

<https://www.eventbrite.co.uk/e/workshop-for-families-of-children-who-were-previously-in-care-tickets-977904226867?aff=ebdsoporgprofile>

For More Information, Contact Us:

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