

COFFEE AFTERNOON WITH BICS - SUPPORTING YOUR CHILD'S EMOTIONAL WELLBEING



JOIN US FOR A RELAXED AND WELCOMING COFFEE AFTERNOON WITH BARNET INTEGRATED CLINICAL SERVICES (BICS). ENJOY A WARM DRINK, FRIENDLY CONVERSATION, AND PRACTICAL ADVICE TO HELP SUPPORT YOUR CHILD'S EMOTIONAL DEVELOPMENT.

WHEN - THURSDAY 15TH JANUARY 2026
TIME - 2:15PM – 3:15PM
WHERE - RIDGEWAY AVENUE

DURING THE SESSION, BICS WILL BE DISCUSSING EMOTIONAL REGULATION, INCLUDING:

- WHAT EMOTIONAL REGULATION IS
- UNDERSTANDING THE HUMAN STRESS RESPONSE
- HOW STRESS AFFECTS OUR ABILITY TO MANAGE EMOTIONS
- PRACTICAL WAYS YOU CAN SUPPORT YOUR CHILD WHEN EMOTIONS FEEL OVERWHELMING

THIS SESSION WILL PROVIDE VALUABLE INSIGHT AND PRACTICAL TOOLS TO HELP NURTURE AND SUPPORT OUR CHILDREN AS THEY GROW INTO THEIR TEENAGE YEARS AND BEYOND.

- INFORMAL & FRIENDLY
- SUPPORTIVE & INFORMATIVE
- PRACTICAL STRATEGIES YOU CAN USE AT HOME

**COME ALONG, GRAB A HOT DRINK, AND JOIN THE CONVERSATION.
LOOK FORWARD TO SEEING YOU THERE !**