

# The Mental Health Support Team invites you to book your place on our Decider Skills Workshop

Decider Skills are a set of life skills based on cognitive behaviour therapy (CBT). The skills are aimed at helping young people to recognise and understand their emotions, and promote positive mental health. They also include basic problem solving and conflict de-escalation skills, and have a strong focus on supporting children in regulating their own emotions.

Upcoming Sessions Face to Face at Padstow School

Thursday 6th June 2024 9am -10am

**Please note: This group is open to parents of children aged from Year 1 to Year 6**

To request a place, complete the online form or scan the QR code provided:

[https://forms.office.com/e/G](https://forms.office.com/e/GYCBUjsw83)

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**Sign up will close on Thursday 30th May**