



Swansea Bay CAMHS  
School In-Reach Team

# CAMHS School In-Reach

## Children's Emotional Wellbeing Parent Workshops

**13th of Jan, 2pm:  
When to Worry About Your Worrier**

**27th of Jan, 2pm:  
Supporting Children with Emotional Regulation**

**10th of Feb, 2pm:  
Fostering Resilience and Self-Esteem**

**Where:  
YGG  
Y Login Fach**

