



SPACE

Supporting Parents And Children Emotionally

SPACE is a **free** programme for **any parent or carer** who wants to better understand and support their children's emotions, as well as their own.

This 5 week online programme will cover:

- Understanding what is meant by a Trauma Informed approach
- Understanding toxic stress and the flight/fight response
- Practical approaches to support children to regulate their emotions
- Healthy coping strategies for dealing with stress
- Managing different emotions
- Understanding behaviour
- Building resilience in ourselves and our children
- Adopting appropriate expectations of children
- Enhancing your ability to provide nurturing care

MHST has an upcoming online programme with sessions starting on:

Monday 12 January 2026 at 9.30am

Monday 12 January 2026 at 11.30am

Thursday 15 January at 9.30am

Thursday 15 January at 1.30pm



These sessions will be running for 5 weeks, please ensure you are able to attend each week for the duration of the programme

To request a place, complete the online form or scan the QR code provided: <https://forms.office.com/e/mX4A6KKfwv>



These courses are for parents/carers of children 5-11 yrs only

Spaces are limited, if you cannot attend, please notify us ASAP - 01726 873204

HEADSTART
KERNOW



Together 
for Families

