

# MENTAL HEALTH & PSYCHOLOGY NEURODEVELOPMENTAL SERVICE



## MANAGING MELTDOWNS

MANAGING MELTDOWNS IS A WORKSHOP FOR PARENTS WHO ARE LOOKING TO GAIN POSITIVE STRATEGIES AND LEARN MORE ABOUT HOW TO MANAGE AND UNDERSTAND DISTRESSED BEHAVIOURS.



**DATE & TIME:** THURSDAY 14TH DECEMBER 2023,  
10.00AM-12.00PM



**LOCATION:** BLANTYRE CARE FACILITY, 90 PARK LANE,  
BLANTYRE, G72 9AS

CONTACT US TO CONFIRM ATTENDANCE ON:



WORKSHOPS.NDS@LANARKSHIRE.SCOT.NHS.UK

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## ANXIETY

THE ANXIETY WORKSHOP AIMS TO PROVIDE FAMILIES WITH POSITIVE PARENTING STRATEGIES TO HELP MANAGE ANXIETY IN CHILDREN AND YOUNG PEOPLE AND CREATE A CLEARER UNDERSTANDING OF ANXIETY.



**DATE & TIME:** THURSDAY 21ST DECEMBER 2023,  
10.00AM-12.00PM



**LOCATION:** BLANTYRE CARE FACILITY, 90 PARK LANE,  
BLANTYRE, G72 9AS

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