

Emotional Regulation Drop Ins

Is your child or someone you work with (aged 5 – 18 years) struggling with Emotional Regulation?

Why not drop in and meet children's therapists to discuss what you can do to support? Learn more about strategies to support with emotional regulation.

Free resources to take home.

Venue: Christ Church Felling, Gateshead, NE10 0HQ

Date: Wednesday 1st October

Time: Professionals - 10:00 - 11:00 Parents/Carers - 11:00 - 12:00

Venue: Cornerstone Winlaton, Whitewell Rd, Blaydon-on-Tyne NE21 5EL

Date: Weds 1st October

Time: Professionals - 12:00 - 13:00 Parents/Carers - 13:00 – 14:00

Venue: Blaydon Youth Centre, Shibdon Rd, NE21 5LU

Date: Thursday 2nd October

Time: Professionals – 15:00 - 16:00 Parents/Carers - 16:00 - 17:00

Venue: Baltic Centre for Contemporary Art, Gateshead NE8 3BA

Date: Wednesday 8th Oct

Time: Time: Professionals - 10:00 - 11:00 Parents/Carers - 11:00 – 12:00

Venue: Winlaton Centre, North St, Winlaton, Blaydon, NE21 6BY

Date: Thursday 9th October

Time: Professionals - 09:30 - 10:30 Parents/Carers - 10:30 - 11:30

Venue: Whickham Library, 9 Front St, Whickham, NE16 4DN

Date: Tuesday 14th Oct

Time: Professionals - 15:00 - 16:00 Parents/Carers - 16:00 - 17:00



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Venue: Birtley Morrisons, Durham Rd, Birtley, DH3 2PG

Date: Thursday 16th Oct

Time: Professionals - 15:30 - 16:30 Parents/Carers - 16:30 - 17:30

Venue: Leam Lane Family Hub, 129 Cotemede, Gateshead NE10 8QH

Date: Tuesday 21st Oct

Time: Professionals – 10:00-11:00 Parents/Carers - 11:00 - 12:00



supporting people, communities and GPs

Service provided by South Tyneside and Sunderland NHS Foundation Trust