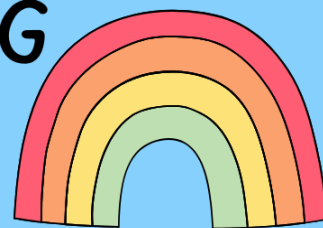
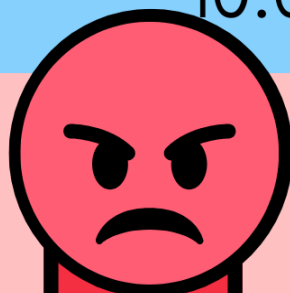


# UNDERSTANDING YOUR EMOTIONS



Wednesday 15th January  
10.00am - 12pm **6wks**



Introduction to emotions



Self awareness and  
identifying emotions



Regulating and  
managing emotions



understanding the  
emotions of others

**Feelgood Factory**  
Glovers lane, Netherton  
L30 5QW



**Contact Jennie or Annabel 051 291 8010**