Talks in Torfaen for Parents & Caregivers

Autumn 2026

A series of talks for **ALL** parents & caregivers of children who are **nursery** or **primary** school age (**1-10 years old**) in Torfaen.

All talks focus on **prevention** - giving you ideas & **tools** to **support your child's wellbeing** and **prevent distress.**

Talks will take place **online** using **Microsoft Teams**.

Topics include...



with Dr Charlie Cowtan
(Clinical Psychologist)

Monday 9th November
9:30 - 10:30am

Emotional Wellbeing

Monday 16th November
9:30 - 10:30am

Child Development

e.g. social skills, concentration, impulsivity

Monday 23rd November
9:30 - 10:30am

Feeling angry

e.g. acting in unkind ways

Monday 30th November
9:30 - 10:30am

Feeling nervous

e.g. trying new things, fear of separation

DEEP DIVE

Monday 7th December
9:30 - 11:00am

Screens & Devices

e.g. harms; rules & boundaries



Click here to register **or scan the QR code** to register

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Seicoleg Cymunedol Plant a Theuluoedd
Child & Family Community Psychology