

Workshop

Co-regulation in Conversations and Conflict

25/11/2026 17:30pm—19:30pm

*Workshop
timings
change from
term to term

Parents/carers are invited to a workshop, **Co-regulation in Conversations and Conflict**. It covers topics such as, **difficult conversations, compassion, tolerating distress and curiosity**. We aim to help develop understanding in these areas and to explore possible **strategies that you can use**.

If you would like to join, please **ctrl + click link below or by entering the Meeting ID and Passcode within Teams**:

[Co-regulation in Conversations and Conflict | Join meeting in Teams | Microsoft Teams](#)

You do not need an account to join. You will need access to the internet. If you have any questions, please speak with your school. If you require materials in another language or have any other access needs then please email:

kmmh.ewtandestenquiries@nhs.net

We look forward to meeting you



Emotional Wellbeing team Kent
Emotional Support team Medway