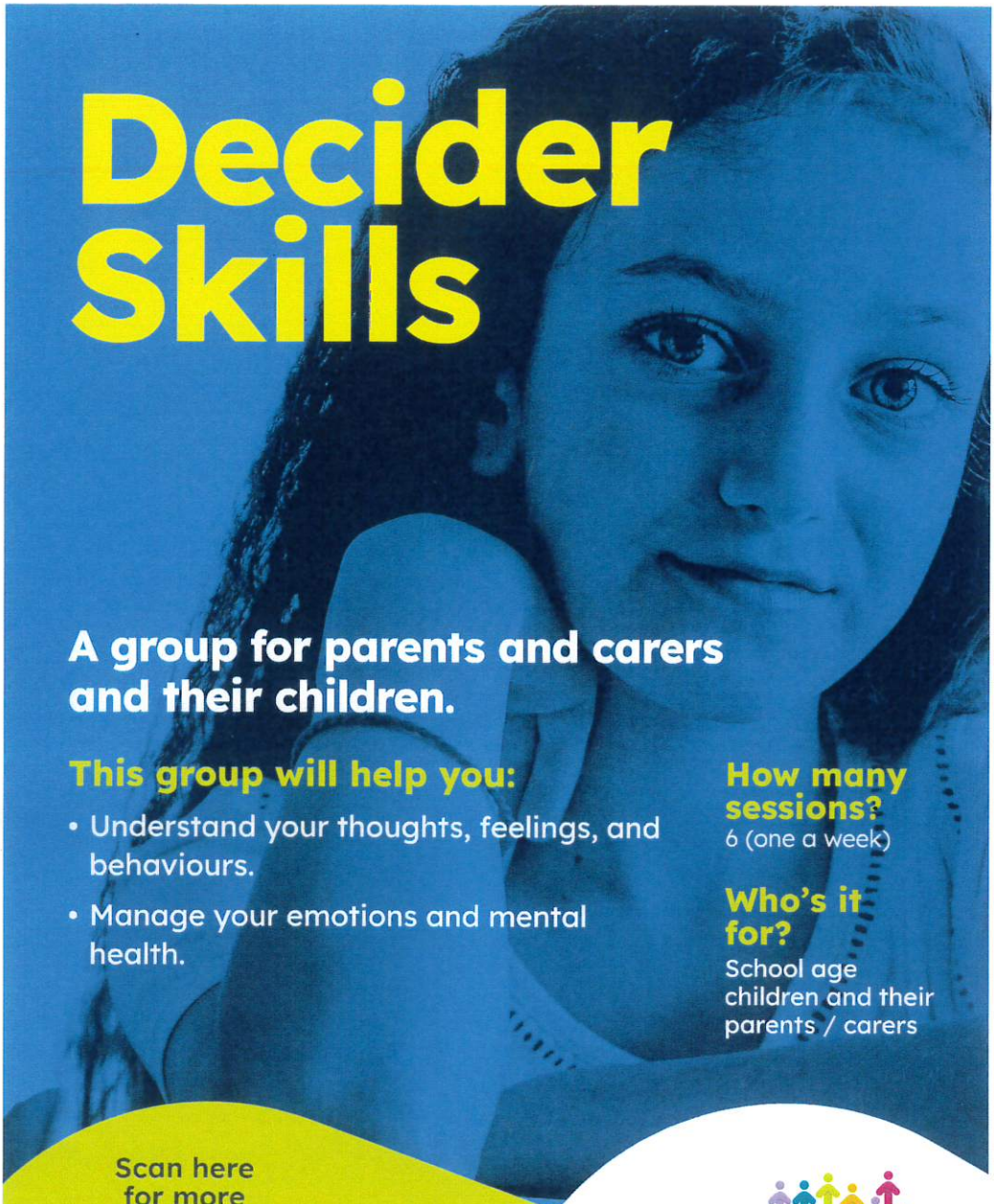


# Decider Skills

## A group for parents and carers and their children.

### This group will help you:

- Understand your thoughts, feelings, and behaviours.
- Manage your emotions and mental health.

**How many sessions?**
6 (one a week)

**Who's it for?**
School age children and their parents / carers

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