



**Behaviour  
Support Hub**



Gwasanaeth Niwroddatblygiadol  
Neurodevelopmental Service

# Managing Meltdowns Workshop



**For parents/carers only of children aged 0-11 years on the Neurodevelopmental waiting list.**

Please make alternative arrangements for childcare during the workshop. As the session is for **adults only**.

**Run by Behaviour Support Hub**

## Workshop Aims:

Develop an understanding of why meltdowns happen and look at the stages of meltdowns with an overall aim of developing a toolbox of strategies to manage the meltdown to minimise its effects on the child/young person and those around them.

**Location:** Cardiff West Community High School, 11 Penally Road, Cardiff CF5 5XP

**On:** Monday 31st March 2025

**Time:** 10am-12.30pm

The session is free of charge but please book a place via Eventbrite using the QR code or this link:



<https://www.eventbrite.co.uk/e/behaviour-support-hub-managing-meltdowns-workshop-tickets-1217709595179>