

BUILDING SELF ESTEEM



Do you want to:

- Improve your child's confidence and self esteem?
- Help your child deal with anxious feelings?
- Understand your child's behaviours?
- Communicate better with your child?

Come along to this FREE session to learn strategies, share stories and take some time out for you!

WHEN: Tuesday 3rd December

TIME: 10.30am – 12.30pm

WHERE: Churchill Neighbourhood Centre - Studio
9 Phillip Pde
CHURCHILL

COST: Free. Bookings essential.

Bookings and further information:
Parentzone Gippsland on 5135 9555 or
parentzone.gippsland@anglicarevic.org.au

