



## PARENTS BUILDING SOLUTIONS

### Free 6 week program to talk about kids

#### **ARE YOU TIRED OF YELLING?**

How to get kids to listen the first time

#### **DEALING WITH FEELINGS**

Helping parents deal with frustration, anger and/or anxiety

#### **STRATEGIES**

Discuss and share strategies that work

#### **CHILDREN'S BEHAVIOURS**

Understand why children behave the way they do

#### **SELF CARE**

How to cope with stress & emotions

**DATES:** Thursdays 31 Oct, 7, 14, 21, 28  
Nov and 5 Dec 2019

**TIME:** 9.30am - 11.30am

**WHERE:** Ballam Park Primary School  
Belar Avenue Frankston

**COST:** FREE

#### **BOOKINGS AND ENQUIRIES CONTACT:**

Michelle Brown - Parent Resource  
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