



## TEARS, TANTRUMS & TROUBLE PARENTS BUILDING SOLUTIONS

**Join us in interactive session to share experiences, ideas & learn strategies to support your child.**

- Are you tired of yelling?
- How to get kids to listen without having to yell?
- Anxiety in us and our kids.
- How to deal with tantrums?
- Sibling rivalry?
- Helping parents, helping kids deal with anger.

Light refreshments provided

**WHEN:** Fridays 18, 25, October, 1, 8, 15 November & **Thursday 21** November 2019.

**TIME** 9.15am to 12.00pm

**WHERE:** OSH Club building  
Bridgewood Primary School and  
Integrated Child and Family Centre  
115 Bridge Rd Officer 3809

**COST:** **FREE** of Charge

### **BOOKINGS & ENQUIRIES :**

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