



Emotion Focused Parenting

A Parents Building Solutions Program

Would you like tips and strategies to:

- Better understand and talk with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses

When:

Wednesdays (6 evening sessions)
Oct 21st to Nov 25th 2020
7.00pm - 9.00pm

Where:

Online - Via Zoom

Cost:

Free of charge for parents in the Eastern Suburbs of Melbourne (Bookings essential)

Bookings:

Julia at ParentZone on 9721 3629 or 0400 866 495

PARENTZONE