



Tuning in to Kids

This programme provides a number of skills & strategies to help with everyday parenting challenges, based on emotionally tuned parenting. For parents of children aged 6 years - 11 years

Would you like to learn how to:

- Be aware and manage your emotions?
- Understand your child's emotions?
- Build attachment and teaching through emotional experiences?
- Help your child manage their emotions?
- Develop skills to assist your child in problem solving?

DATE: Thursdays (8 weeks)
11th February - 1st April 2021

TIME: 10.00am to 11.30am

WHERE: Zoom

COST: This session is free of charge but registration is essential



For bookings & inquiries contact: ParentZone on
03 8641 8900 or 0458 550 071
Email parentzone.northern@anglicarevic.org.au

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