



# DEALING WITH FEELINGS

## Parents Building Solutions

**FREE Online Zoom interactive program for parents and carers.**

**How to help kids  
deal and regulate their  
emotions in healthy ways**

**DATE: Wednesday 8th September 2021**

**TIME: 10.00am to 12.00pm**

**WHERE: ONLINE ZOOM**

Jasbir Singh at Parentzone on 0438 004 285  
Email: [jasbir.suopada@anglicarevic.org.au](mailto:jasbir.suopada@anglicarevic.org.au)

To Register: Scan Barcode or Click on  
Link below:



[https://forms.office.com/Pages/ResponsePage.aspx?id=47VI-Wr\\_rEWsFhug7VRtt\\_RWHKBp69JIX50poUsgPIUQIFNQU83REZHN04yQ1INUENQWTQ5R1ISVS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=47VI-Wr_rEWsFhug7VRtt_RWHKBp69JIX50poUsgPIUQIFNQU83REZHN04yQ1INUENQWTQ5R1ISVS4u)

**PARENTZONE**