



## Parents Building Solutions Dealing with Feelings

# PARENTZONE

### FEELINGS CAN MAKE US VERY UNCOMFORTABLE!

- Does your child seem angry, frustrated, jealous or sad?
- Would you like to support your child to express their feelings appropriately?
- Would it be helpful to explore what works for other parents?

**DATE:** Wednesday,  
13th October 2021

**TIME:** 10.30 a.m. - 12.00 p.m.

**WHERE:** Online (Zoom)

For bookings & enquiries contact:

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