



Tuning in to Kids

Parenting program that teaches parents skills to help their young children begin to understand and regulate their emotions.

Do you want to

- Learn how to better understand and manage your children's emotions, such as anger, anxiety and sadness?
- Improve communication with your child?
- Teach your child to deal with conflict?
- Help your child learn to manage their emotions?

Supporting the development of your children's emotional intelligence will help them:

- Have greater success with making and keeping friendships
- Be more able to calm down when angry or upset
- Have better concentration at school
- Better manage challenges and change

DATES: Tuesdays 8th February to 15th March 2022

TIME: 10:30am to 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact: Parentzone Gippsland on 03 5135 9555 or email parentzone.gippsland@anglicarevic.org.au

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