



# **POSITIVE PARENTING STRATEGIES** PARENTS BUILDING SOLUTIONS

Presented by Parentzone in collaboration with PRONIA

## JOIN US FOR OUR "HOW TO..." **PARENTING WORKSHOPS**

#### **Session One: Sibling Rivalry**

- Do your children yell at, or hit, one another, or compete for your attention?
- Does the conflict between your children trigger your own emotions and frustrations?
- Would you like to develop strategies to help your children problem solve and resolve conflict on their own?

#### Session Two: Stop Yelling At Your Kids!

- Would you like to be able to identify the triggers that make you angry?
- Would it be helpful to learn strategies to reduce frustration and friction in your family?

- DATE: Tuesday, 24th October (Session One) Tuesday, 28th November (Session Two)
- TIME: 12.15 p.m. - 1.30 p.m.
- WHERE: Online (Zoom) Please note: this session will not be recorded

#### COST: FREE!

For more information, contact:

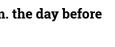
Carey Cole - 0437 428 281 carey.cole@anglicarevic.org.au

Register once to attend one, or both, sessions

Use the QR code or this link: https://forms.office.com/r/Vvbp6TKyBs

Registrations close at 4.30 p.m. the day before





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