



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:

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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

