



Emotion Focused Parenting

*A 6-week Parenting Program
for parents of primary school aged children*

Would you like to be able to:

- Help your child deal with uncomfortable feelings like fear, anger, sadness, and jealousy?
- Learn the skills of resilience skills so your child can cope with change and recover from adversity?
- Explore parenting strategies to manage challenging behaviour?
- Improve family relationships as an emotionally intelligent parent?

When: Tuesdays (6 morning sessions)

Dates: July 23rd to August 27th 2024

Time: 10:00am to 12:00pm

Where: Online via Zoom

Registrations: [Click here](#)

Cost: Free (bookings essential)

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Please Note: Emotion-Focused Parenting is an interactive program. You will need a device with video and audio to participate.

PARENTZONE

**BETTER
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