



Emotion Focused Parenting

A free program for parents of primary school aged children

Would you like tips and strategies to :

- Deal with strong emotions such as anxiety and anger.
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses

WHEN: Monday 9th September 2024
7.00pm - 8.30pm

WHERE: **Online** - Via Zoom

COST: Free of charge for parents in the Eastern Suburbs of Melbourne

BOOKINGS: [Use QR Code below](#)

Emotion Focused Parenting Single
Session T3 2024 Registration and
Pre-Group Questionnaire



QUESTIONS? Contact Julia on 9721 3629
or 0400 866 495

PARENTZONE