



# BIG EMOTIONS, CALM RESPONSES

## PARENTS BUILDING SOLUTIONS

### SETTING BOUNDARIES AND MANAGING BIG EMOTIONS AT HOME CAN BE CHALLENGING!

- Are you or your child/ren finding emotional regulation a challenge at times?
- Would you like to understand what fears, worries and behaviours are "normal" for your child/ren's age and stage of development, and how issues such as trauma or neurodiversity impact on them?
- Would it be helpful to explore strategies to respond to your child/ren's big feelings like anger, anxiety, fear, and frustration?
- Do you find it a challenge to establish clear boundaries that support your child's emotional regulation?

If your answer to any of these questions is "Yes!", please join us for this parenting program - you are not alone!

**DATE:** Thursdays, 7<sup>th</sup> August - 11<sup>th</sup> September

**TIME:** 9.00 a.m. - 10.30 a.m. (after drop-off)

**WHERE:** Hillsmeade Primary School  
82 The Promenade, Narre Warren South

**COST:** FREE!

For more information, contact:

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OR

Register using the QR code or this link:

<https://events.humanitix.com/2025-t3-parents-building-solutions-hillsmeade-primary-school>



**PARENT***ZONE*

**BETTER  
TOMORROWS**