

Two Hour Information Sessions		Group Program
<p style="text-align: center;">Emotion Coaching Connecting with your kids (Based on the Tuning into Kids Program)</p> <p style="text-align: center;"><i>For parents/carers of children aged between 2-10 years</i></p> <p>This session aims to provide information on:</p> <ul style="list-style-type: none"> • Emotional intelligence and why it's important • Looking at children's brain development • Tuning into your children's emotions to help manage behavior • Learning about 'emotion coaching' – helping children to understand and regulate their emotions • Looking at the different styles of parenting 	<p style="text-align: center;">Adolescent Parenting</p> <p style="text-align: center;"><i>For parents/carers of children aged between 12-18 years</i></p> <p>This session aims to provide information on:</p> <ul style="list-style-type: none"> • Adolescent development and its impacts • Challenges facing adolescents and parents/carers • Understanding and helping to regulate our child's emotions • Building resilience • Connecting with your teenager • Problem solving • Family values 	<p style="text-align: center;">Tuning into Kids</p> <p style="text-align: center;"><i>For parents/carers of children aged between 2-10 years</i></p> <p>This 5-week parenting program aims to support families to:</p> <ul style="list-style-type: none"> • be more aware of your child's emotions • develop and understand your child's emotions • support learning and regulate emotions • learn through children's emotional experiences to connect, teach and problem solve
<p style="text-align: center;">Come along to Gateway Health on Wednesday 16 February 2022 from 12.30pm – 2.30pm</p> <p style="text-align: center;"><i>Bookings are Essential</i> To enrol contact Andrea at Gateway Health on 0457 279 796</p>	<p style="text-align: center;">Presented by Gateway Health on Tuesday 22 February 2022 from 7pm – 9pm via Zoom</p> <p style="text-align: center;"><i>Bookings are Essential</i> To enrol contact Andrea at Gateway Health on 0457 279 796</p>	<p style="text-align: center;">Come along to Gateway Health on Wednesdays from 2 to 29 March 2022 from 9.30am – 11.30am each week</p> <p style="text-align: center;"><i>Bookings are Essential</i> To enrol please contact Jane at Gateway Health on 0429 984 203</p>