

Connecting with your kids - Emotion coaching

*For parents and carers of children aged
between 2 and 12 years*



This two-hour session will provide information
on the following:

- Emotional intelligence and why it's important
- Children's brain development
- Tuning in to your children's emotions to help manage behavior
- Emotion coaching – Helping children to understand and regulate their emotions
- Different styles of parenting

Location Gateway Health, 45-47 MacKay St, Wangaratta

Date and time Tuesday 12th March from 1pm - 3pm

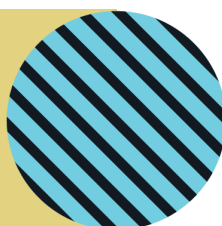
Cost This is a free information session.

To Register

Scan the QR Code or [click here](#)
Please register by Friday 8th March



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

**gateway
health**
People living well

Please note this information applies to Term 1 2024