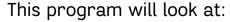
Tuning in to KidsEmotion coaching

For parents and carers of children aged between 2 and 10 years

This five-week program aims to help parents and carers understand their child's experience and connect with and support their child.



- managing meltdowns
- tuning in to your children's emotions to help manage behavior
- emotion coaching helping children to understand and regulate their emotions
- problem solving and self-care
- the different styles of parenting.

Location Gateway Health, 155 High Street, Wodonga

Date Mondays from 19th February - 25th March 2024

Time 10am to 12pm

Cost This is a free program

To Register

Scan the QR Code or <u>click here</u> Please register by Thursday 15th February



For further information contact parenting team on 0457 279 796



Bookings are essential



gatewayhealth.org.au