



Emotion Focused Parenting

**A Parents Building Solutions Program
for Parents and Carers of school-aged children / teens**

Do you want to:

- Help your child develop emotion regulation skills?
- Learn how your child can manage their emotions and deal with conflict?
- Build positive relationships within your family?
- Parent anxious children?

Dates: 29 April to 3 June

Time: 7:00 to 9:00 pm

Where: Online via Zoom.

Cost: Free for parents and carers in Melbourne's Eastern Region.

Limited Places.

Click link below to register:

<https://forms.office.com/r/VXjm3pAAMB>

Questions: Deborah on 9896 6363

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PARENTZONE

Please note: This is an interactive program involving group discussions and activities. You will need a quiet child-free place and device with video and audio, to participate.