



EMOTION COACHING

CONNECTING WITH OUR KIDS

A FREE workshop for parents & carers of children 2-10 years

Help your child to:

- Understand their emotions and be able to communicate how they feel
- Regulate their emotions and calm themselves
- Develop resilience and positive self-esteem
- Develop problem-solving and social skills
- Develop kindness and empathy towards others

Monday 21 February 2022

1pm - 3pm

ONLINE

[Register here](#)

for any questions contact

FamilyCare Central Intake 1800 161 306

This workshop is for parents and/or carers in the Goulburn Region
(Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)