

Tuning in to Kids - Emotion 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.



This program will look at:

- 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

Wangaratta Library - 21 Docker St, Wangaratta

Date and time

Wednesdays from 2 November to 30 November - 10am to 12pm

Cost

This is a free program

Contact us

For enquires and to register your attendance contact the Gateway Health Intake team on 02 6022 8888.

Bookings are essential

