



## Emotion Coaching: Connecting with Our Kids

### Online Workshop

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

This two hour online workshop delivered by Gateway Health is for parents and carers of children 2-10 years of age who would like to learn more about emotion coaching, understanding their children's emotional development and how they can connect with their children.

**WHEN: Wednesday 24th June 2020 from 10am to 12pm**

**WHERE: Online via Zoom**

**HOW DO I REGISTER: Registrations are essential. To register or ask a question contact:**

**Gerda on 0429 984 203 or [Gerda.schaap@gatewayhealth.org.au](mailto:Gerda.schaap@gatewayhealth.org.au)**

**There is no cost for this workshop.**