



behaviour tonics®

Our Courses For Practical Parenting

- **123 Magic™ & Emotion Coaching** (parents of 2 -12 year olds)
To help manage difficult behaviour in children, calmly and effectively. Learn how to use empathy so kids begin to identify their emotions and become better at managing them. This enables them to take more responsibility for their own behaviour.
Held over 3 x 2 hr sessions, 7-9 pm. Face to face (Wembley) AND via live webinar
Wed 16th, 23rd & 30th June.
- **Engaging Adolescents** (parents of 11 -16 year olds)
Parenting skills for resolving teenage behaviour problems. Gives parents the knowledge and practical skills to assess adolescent behaviour and to engage in those 'tough conversations' when behaviour is a problem.
2 x 2.5 hr sessions, 6.45 - 9.15pm Face to face (Wembley) AND via live webinar
Tue 27th July & 3rd Aug.
- **No Scaredy Cats** (parents of 2 - 12 year olds)
Reducing anxiety and building resilience skills in 2 -12 year old children.
Held over 3 x 90 min sessions.
3 x 2hr sessions, 7 - 9pm. Face to face (Wembley) AND via live webinar
Mon 2nd, 9th & 16th August
- **Fathering 101** - Information for Dads.
Men are more involved in parenting than ever before, but with so much information it can be hard to know how to do it well and with confidence. Register for this fantastic workshop delivered by a dad for dads!
1 x 2hr session (Leederville location). Thurs 24th June, 6-8pm
- **Child Clinical Psychology services (2-10yrs)**
- **Private consults and courses.**

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