

*Have you ever thought...*

*'If only my children would listen, things would be calmer at our house!' or*

*'Sometimes I find my child's behaviour can be very frustrating?'*

*You are not alone!*

**Come and join us at the:**

## **'Tuning in to Kids' Parenting Program**

*A six session 'emotion coaching' program for parents and carers of pre-school and early primary age children where you will learn how to*

- *Communicate with your child.*
- *Understand your child's needs and emotions.*
- *Help your child learn to manage their emotions.*
- *Assist your child to deal with conflict.*
- *Have the tools to help manage your child's behaviour*

**Starting:**

**Wednesday 26<sup>th</sup> October for six Wednesday evenings**

**Time:**

**6.30pm-9.00pm**

**At:**

**Morgan Room, Primary Care Connect  
399 Wyndham Street. Shepparton**

**This is a free program.**

**Program is open to all members of the public**

**Bookings are essential as places are limited**

**To register or for further information contact Joanne at Primary Care Connect**

**Tel: 5823 3200**

*Brought to you by  
Hume Region Parent Education Service*