



Calm Parents Happy Kids

**A Parents Building Solutions Program for
Parents of Children aged 2 to 12 years**

Do you want to:

- Learn ways to deal with anger and anxiety in your children and in yourself?
- Improve communication and relationships with your children?
- Discover strategies to manage challenging behaviour?
- Take care of your own emotional wellbeing and resilience?

Join us for 6 online sessions, learn valuable strategies, whilst taking some time out for you!

When: Thursday evenings (6 weekly sessions) 15th Oct to 19th Nov 2020

Time: 7:00 to 8:30 pm

Where: Online via Zoom

Cost: Free of charge for parents and carers in Melbourne's Eastern Region.

Bookings: Contact Sharon 0438 683 049
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PARENT*ZONE*