



*Transforming
lives for stronger
communities*

Creating Confident Kids Workshop

Family Life has teamed up with Stride Education to deliver Creating Confident Kids

Come along to our online Workshop to learn strategies to help your Kids with their feelings of Anger and Anxiety!

Do you worry about your Kids Anger and Anxiety?

Would you like:

- Some strategies to help your Child with their feelings of Anger & Anxiety?
- To know more about Resilience & tips to build resilience in your Child?
- To know more about Emotional Intelligence & tips to raising an emotionally intelligent Child?
- Strategies to support healthy friendships & tips to talk to your Child about Bullying?
- Strategies to build your child's self-esteem and deal with setbacks?
- Strategies on how to talk and connect with your children?
- Top tips for taking care of yourself?

A must attend for Parents and Carers living in the Mornington Peninsula Shire and Frankston City with Children 5 – 12yrs old.

Online:

via Zoom

Date:

Tuesday 2nd of May 2023

Time:

7pm to 8.30pm

Cost:

FREE but bookings are essential and spaces limited



 [Book by clicking the Eventbrite link](#)

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www.familylife.com.au

STRIDE
EDUCATION
UPSKILL. EMPOWER. THRIVE.

