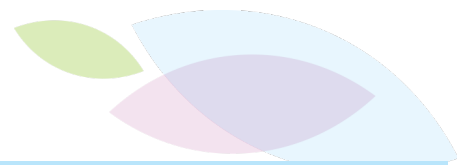


Tuning in to Kids™



Practical tips and strategies to show parents how to help their child develop emotional intelligence.

Through this practical six session emotional coaching parenting program, delivered across six weeks and hosted by Family Support Worker Joan Lauricella, you will learn positive parenting strategies.

Tuning in to Kids™ program is suitable for parents of children aged 9 years and under.

Topics covered:

- Improve talking to and understanding your child
- Help your child learn to manage their emotions
- Prevent behaviour problems with your child
- Help your child deal with conflict

“Emotional intelligence may be a better predictor of academic and career success than IQ”.



When: Wednesdays - 22 February, 1, 8, 15, 22, 29 March 23

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$120 per adult, \$60 concession and \$180 per couple

Bookings: Essential via trybooking.com/CFNKA

For more information

Please contact Joan Lauricella, Family Support Worker at joan.lauricella@healthability.org.au or phone **9430 9100**

Note: Please note sessions are currently scheduled to occur in person however this may change to online sessions if Coronavirus restrictions change. Participants will be notified if this occurs.

Phone: (03) 9430 9100 | **Email:** contact@healthability.org.au

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Eltham: 917 Main Road, Eltham, VIC 3095



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