



Calm Parents Happy Kids

Learn How to Tame Your Temper for Better Behaved Kids

Do you want to:

- Understand what drives your parental anger?
- Find strategies to reduce your frustration?
- Reduce the friction in your home?
- Let go of your guilt and shame?
- Learn valuable behaviour management strategies for your children?
- Get your children to listen to you?

Come along to these 5 sessions and learn valuable lifelong strategies, whilst taking some time out for you!

When:

Wednesdays (5 evening sessions)
6th May to 3rd June 2020

Time:

7.00- 8.30 pm

Where:

Join us live via Zoom

Cost:

Free of charge. Bookings essential

Bookings:

Laurie on 0488 501 204 or
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