



PARENTS BUILDING SOLUTIONS

Free 6 week program for Mums, Dads, Grandparents, Aunties, Uncles, adult carers to talk about kids

ARE YOU TIRED OF YELLING?

How to get kids to listen the first time

DEALING WITH FEELINGS

Helping parents deal with frustration, anger and/or anxiety

STRATEGIES

Discuss and share strategies that work

CHILDREN'S BEHAVIOURS

Understand why children behave the way they do

SELF CARE

How to cope with stress & emotions

Dates: Tuesday 20, 27 July,
3, 10, 17, 31 August

Time: 9.15 - 11.15

Where: Kananook Primary School
22 Wells Road Seaford or

<https://zoom.us/j/99186272555?pwd=eDZSOWMrZEg5MEVFYTJXYSU53MVhkUT09>

BOOKINGS AND ENQUIRIES CONTACT:

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PARENTZONE