



Emotion Focused Parenting

**A 6-week Parents Building Solutions Program
for parents of children aged 5 to 12 years**

Would you like to:

- Learn strategies to help your child manage their emotions?
- Develop resilience in your child?
- Improve communication and challenging behaviours?
- Improve relationships as an emotionally intelligent parent?

Join us to learn strategies, share stories and take some time out for you

When: Thursdays (6 afternoon sessions)

Dates: May 11th to June 15th 2023

Time: 12:30 to 2:30pm

Where: Online via Zoom

Registrations: [Click here](#)

Cost: Free (bookings essential)

Email: sharon.muir@anglicarevic.org.au

Please Note: Emotion Focused Parenting is an interactive program. You will need a device with video and audio in order to participate.

PARENTZONE

**BETTER
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