




NORTHERN  
BEACHES  
FAMILY  
SUPPORT



# Are you struggling with anxious or angry children?

**Monday 10th & 17th of March, 10am -  
11:30am**

This free 2-part workshop is for parents with school aged children and teens, who may be struggling to manage overwhelming emotions such as anxiety, fear or anger.

As a parent, learn how to foster emotional intelligence, so your child can build emotional regulation skills, resilience and problem solving skills.

Materials will be provided from the work of Dr D Siegel, "emotion coaching parenting" and the Macquarie University "Cool Kids" program.

To enrol:

 **9971 4499**

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Free, limited childcare spots available. Must book.

**FREE  
PROGRAM**