



## TUNING INTO KIDS

### 6 WEEKS OF PARENTING INFORMATION FOR MUMS, DADS AND CARERS OF CHILDREN AGED 2-12

**A FREE six week parenting course for parents and carers of children aged 2-12 years. Tuning into Kids supports parents to build emotional intelligence in themselves and their children .**

Those with higher emotional intelligence:

- ❖ Are more aware, assertive and strong in situations of peer pressure
- ❖ Have greater success with making friends and are more able to manage conflict
- ❖ Are better equipped to cope when upset or angry
- ❖ Have fewer mental health and substance abuse difficulties
- ❖ Have more stable and satisfying relationships as adults

### Event Details

- When** Six weeks commencing Friday 18<sup>th</sup> February 2022. 12.30-2.30pm. You must be able to commit to attending all six sessions.
- Where** Meerilinga, 219 Winterfold Road, Coolbellup
- Cost** Free. Tea/coffee and biscuits provided, please BYO lunch if required.

Please register by emailing [Susie.perkins@meerilinga.org.au](mailto:Susie.perkins@meerilinga.org.au) or [Belynda.smith@meerilinga.org.au](mailto:Belynda.smith@meerilinga.org.au) or calling 93312211.

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