

An Evening with

Dr Justin Coulson

Understanding Emotions, Guiding families to peace

Emotion Coaching for Good Mental Health



TICKETS
ARE ONLY

\$10.80

Do you care for young children, teenagers, partners, or friends, struggling with difficult emotions and behaviours? Are you looking for practical ways to connect more deeply, stabilise intense situations, and bring a sense of calm?

Discover how Emotion Coaching can:

- Help you deal with your children's big emotions (and challenging behaviours)
- Teach empathy and strengthen bonds during turbulent times.
- Provide tools to understand the feelings behind behaviours.
- Guide loved ones to self-regulate difficult emotions.
- Bring peace to relationships when emotions run high.

Justin will share insights from his extensive research to provide you with life-changing skills for supporting family, friends, students, and patients for good mental health for all.

You'll leave feeling equipped and hopeful, with strategies to facilitate meaningful connections, restore stability amidst chaos, and promote lasting mental health.

Teachers please note, the strategies Justin shares are an affordable form of professional development. They align with AITSL teaching standards for ongoing registration.

**TUESDAY
OCT 10th**
World Mental
Health Day

6:45PM – 8.30PM

Regal Theatre
275 Kensington Rd, Kensington Park,
South Australia. Parking at the rear.



So get in early
Only 500
available



Book tickets here
trybooking.com/CKRPR