



## Tuning in to Kids

**This programme provides a number of skills & strategies to help with everyday parenting challenges, based on emotionally tuned parenting. For parents of children aged 6 years - 11 years**

**Would you like to learn how to:**

- **Be aware and manage your emotions?**
- **Understand your child's emotions?**
- **Build attachment and teaching through emotional experiences?**
- **Help your child manage their emotions?**
- **Develop skills to assist your child in problem solving?**

**DATE:** Mondays (6 weeks)  
26th July - 30th August 2021

**TIME:** 11.00am to 1.00pm

**WHERE:** Online Zoom Session

**COST:** This session is free of charge but registration is essential



For inquiries contact: ParentZone on 03 8641 8900 or 0458 550 071. Or Email [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)  
Bookings: <https://www.trybooking.com/BRBGX>

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