



# Tuning Into Kids

## 6– Week Online Course

The *Tuning into Kids* program helps parents, grandparents and carers of children 0- 12 years ‘tune in’ and improve communication and connection with their kids.

Our experienced facilitator works with small groups of parents who are interested in learning practical skills to regulate their children’s emotions, build stronger relationships and manage challenging behaviour. Emotional intelligence skills help your child to understand themselves, their world and offers them the best chance to thrive.

We warmly welcome people of all genders, sexualities, educational backgrounds and walks of life. All workshops are safe, non-judgemental spaces for learning and will be facilitated accordingly.

### Details:

**Who?** For parents, grandparents and carers living in the western suburbs of Melbourne

**When?** Tuesday evenings 7:30pm-9:30pm, for 6-weeks

**Start:** October 31st **Finish:** 5<sup>th</sup> December

**Where?** Via Zoom

### Contact information

Register online today. For further information, please call us.

✉ [www.mackillop.org.programs/parenting-workshops](http://www.mackillop.org.programs/parenting-workshops) ☎ 0418 167 791

