

Have you ever thought...

'If only my children would listen, things would be calmer at our house!' or

'Sometimes I find my child's behaviour can be very frustrating?'

You are not alone!

Come and join us at the:

'Tuning in to Kids' Parenting Program

A six session 'emotion coaching' program for parents and carers of pre-school and early primary age children where you will learn how to

- *Communicate with your child.*
- *Understand your child's needs and emotions.*
- *Help your child learn to manage their emotions.*
- *Assist your child to deal with conflict.*
- *Have the tools to help manage your child's behaviour*

Starting: Wednesday 26th October for six Wednesday evenings

Time: 6.30pm-9.00pm

At: Morgan Room, Primary Care Connect
399 Wyndham Street. Shepparton

This is a free program.

Program is open to all members of the public

Bookings are essential as places are limited

**To register or for further information contact Joanne at Primary Care Connect
Tel: 5823 3200**

*Brought to you by
Hume Region Parent Education Service*