



The New Normal

Emotion Focused Parenting

Would you like tips and strategies to:

- Better understand and talk with your child during these changing times?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses

When:

Thursdays (6 evening sessions)
12th August - 16th September 2021

Time:

7.00pm - 9.00pm

Who:

Parents, Grandparents and Carers

Where:

Online - Via Zoom

Cost:

Free of charge (Bookings essential)

Bookings or Questions:

Call Julia on 9721 3629 or
0400 866 495

PARENTZONE