

# Connecting with your kids - Emotion coaching

*For parents and carers of children aged  
between 2 and 12 years*



This two-hour session will provide information  
on the following:

- Emotional intelligence and why it's important
- Children's brain development
- Tuning in to your children's emotions to help manage behaviour
- Emotion coaching – Helping children to understand and regulate their emotions
- Different styles of parenting

## Location

Via online link

## Date and time

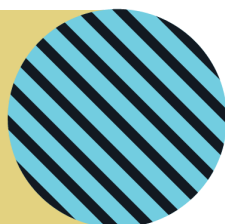
Monday 24th July 2023 from 7 -9pm

## Cost

This is a free information session.

## Contact us

For enquires and to register your attendance please call 0457 279 796 or email [parenting@gatewayhealth.org.au](mailto:parenting@gatewayhealth.org.au).



[gatewayhealth.org.au](https://gatewayhealth.org.au)

**gateway  
health**  
People living well

Please note this information applies to Term 3 2023.