

Tuning in to Kids

Emotionally intelligent parenting

For parents and carers of children aged between 2 and 10 years.

This five-week program aims to help parents and carers understand their child's experience and connect with and support their child.



This program will look at:

- managing meltdowns
- tuning in to your children's emotions to help manage behavior
- emotion coaching – helping children to understand and regulate their emotions
- problem-solving and self-care
- the different styles of parenting.

Location	Date and Time	Cost
Gateway Health 155 High Street Wodonga	Wednesdays 2nd - 30th August 10am - 12noon	This is a free program

Contact us

For enquires and to register your attendance please call 0457 279 796 or email parenting@gatewayhealth.org.au.

Bookings are essential



gatewayhealth.org.au

Please note this information applies to Term 3 2023.

**gateway
health**
People living well