



Ryde Family Services

“TUNING INTO KIDS”

FREE 5 WEEK PARENTING PROGRAM

FOR PARENTS OF CHILDREN AGED 4 – 12 YRS

Teach your child to understand and regulate their emotions

- 5 session parenting program, helping you to teach your child the skills of “emotional intelligence” – the ability to understand and control emotions. The course provides strategies & tips to help your child communicate how they’re feeling and to then move to problem solving.
- The program allows parents to explore family parenting styles and how emotions, including conflict, are handled within the family. Participants learn new ways to handle emotions including those of their children, which leads to improved family relationships.

“Children with good emotional intelligence often have better emotional and social functioning, as well as fewer behavioural difficulties” (Melbourne University, Mindful Institute)

When Tues 9/2/2016 to Tues 8/3/2016 - 5 weeks

Time 10.00am – 12.00pm

Where Ryde Family Services
West Ryde Community Centre
Ground Floor, Suite 6
No. 3-5 Anthony Road, West Ryde

Childcare **Free childcare is available, but limited spaces. Parents must book a childcare spot.** Full details of childcare will be provided to the parents on confirmation of booking.

Facilitator Sarah Cocksedge is a trained Counsellor and “Tuning into Kids” Facilitator.

BOOKINGS **Please call 9334 0111 to book.**

Parking: *There is 2 hour free parking in the Woolworths shopping centre across the road from West Ryde Community Centre (entrance at back of shopping centre) or council parking next door to our building.*