

# 1-2-3 Magic & Emotion Coaching

**A FREE parenting group for mothers, fathers, and carers  
of children aged 3-12 years old.**

**1-2-3 Magic & Emotion Coaching** is a three week parenting group.

You will learn about:

- Understanding children's behaviour
- Building your child's self-esteem
- Help your child to learn about their feelings and regulate their emotions
- Effective discipline without arguing, yelling or smacking

**WHERE** Ryde Family Services  
Suite 6, West Ryde Community Centre  
3 - 5 Anthony Road, West Ryde

**WHEN** Mondays, 9 May to 23 May 2016

**TIME** 10 am - 12 pm

**FACILITATOR** Jan Williams is a trained Counsellor and Facilitator  
of 1-2-3 Magic & Emotion Coaching

*There will be NO childcare for this group.*

**Bookings essential. Please call Ryde Family Services on 9334 0111.**



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Ryde Family Services