



EMOTION COACHING

CONNECTING WITH OUR KIDS

A FREE 2 hour workshop for parents & carers of children 2-10 years

Help your child to:

- Understand their emotions and be able to communicate how they feel
- Regulate their emotions and calm themselves
- Develop resilience and positive self-esteem
- Develop problem-solving and social skills
- Develop kindness and empathy towards others



FamilyCare, 49 Broadway Street, Cobram

Monday 20th May 2024

10am - 12pm

Register online or use QR Code

or call Central Intake 1800 161 306



This workshop is for parents and/or carers in the Goulburn Region (Greater Shepparton, Moira, Strathbogie, Mitchell and Murrindindi)