



# 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



**Wednesday 8th May 2024**

**4pm - 6pm**

**Yea Primary School, 23 Station Street, Yea**

**Childcare available onsite**

**For any other questions contact**

**FamilyCare Central Intake 1800 161 306**

**or Register Online**



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