



EMOTION COACHING

CONNECTING WITH OUR TEENS

A FREE 2 hour online workshop for parents & carers of teens 10-18 years

Help your teen 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

Tuesday 30th April 2024

6pm - 8pm

[register online](#)

OR

call FamilyCare Central Intake

1800 161 306



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