



EMOTION COACHING FOR DADS

CONNECTING WITH OUR KIDS

A FREE 2 hour workshop for Dads 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

Saturday 4th May 2024

10am - 12pm

Greater Beveridge Community Centre

for any 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)