



tuning in to kids

emotionally.intelligent.parenting

FREE 6 WEEK PARENTING PROGRAM FOR PARENTS OF CHILDREN AGED 4 – 9 YRS

Teach your child to understand and regulate their emotions.

- Teach your child the skills of “emotional intelligence” – the ability to understand and control emotions.
- Help your child communicate how they’re feeling and to then move to problem solving.
- Explore family parenting styles and how emotions, including conflict, are handled within the family.
- Learn new ways to handle emotions including those of their children, which leads to improved family relationships.

WHEN: Mondays, 16 October- 20 November,
10am- midday

WHERE: The Northern Centre
West Ryde Community Centre
Ground Floor, 3-5 Anthony Road, West Ryde

FACILITATORS: Faye Ryan & Amy Joo

BOOKINGS: Call 9334-0111 to book as places are limited.

*There is **limited** free childcare. Bookings essential.*



the northern centre

the new ryde family services

care. connect. grow. our community

thenortherncentre.org.au