

Tuning in to Kids

Emotionally Intelligent Parenting

A 3 session program for parents and carers of children up to the age of 10

What is emotional intelligence and why is it so important for children's well being?

Emotional intelligence is the ability to know and understand your own emotions as well as the emotions of those around you. To then know the difference between your emotions; to be able to name them and then use this information to guide your thinking and decision-making.



- ~ Are you looking for ways to create a harmonious family environment with positive and long lasting effects for your children?
- ~ Do you want to strengthen your connection and improve communication with your child?

Together we will explore these questions and introduce the concept of emotion coaching and ways of encouraging empathy and compassion in children.

The Facilitators

Belinda Davies (Adv. Dip. Groupwork Facilitation, Adv. Dip. Early Childhood, Grad. Cert. Community Services Practice) and **Gianna Mazzzone** (Adv. Dip. Gestalt Therapy, Cert Steiner Ed.) have extensive experience in working with parents and families. This program was designed and researched by Mindful in collaboration with the University of Melbourne. They serve up their wisdom with a little dash of humour!

When: Saturdays - Aug 22 & 29, Sept 12

Time: 9.00 am - 12.00 pm

Where: Northcote Library

Cost: Single \$350, Couple \$500, Conc \$280

Enq: Belinda 0434 852 595,

Gianna 0419 841 683

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Bookings Essential! <http://www.trybooking.com/IOTV>

What our participants are saying:

"I left filled with hope that I could create the kind of family life I really want!"

"It was wonderful to spend time with other parents focussing on our parenting skills in a safe and non-judgmental space - I learned heaps!"