

# Tuning in to Kids

## 5 WEEK PARENTING COURSE – LIMITED PLACES

In this course, presented by Godelieve Hofman-Verkuyt, a highly trained and experienced parent educator, you will learn how to better understand and manage your children's emotions (such as anger, sadness and anxiety), as well as:

- be better at talking with your child
- understand your child better
- help your child learn to manage their emotions
- help prevent behaviour problems in your child
- teach your child to deal with conflict.

By learning these skills you can support the development of your children's emotional intelligence, which helps them:

- have greater success with making and keeping friends
- have better concentration at school
- be more able to calm down when upset or angry
- have fewer illnesses
- manage change and challenges better.

5 week course

Tuesday nights 6.30–9.00pm  
beginning 14 October 2014

Venue: Be Centre  
3/9 Apollo Street  
Warriewood NSW

**For more information and  
to book please contact Haley  
or Sophie on 02 9986 0955  
or [info@becentre.org.au](mailto:info@becentre.org.au)**



I wish to book \_\_\_\_\_ place/s in the program at \$210.00 per couple \$ \_\_\_\_\_

I wish to book \_\_\_\_\_ place/s in the program at \$145.00 per person \$ \_\_\_\_\_

**TOTAL \$ \_\_\_\_\_**

Participant name/s \_\_\_\_\_

Age/s of your child or children \_\_\_\_\_

Where did you hear about the course? \_\_\_\_\_

☐ Cheque (payable to Be Centre Foundation), or ☐ MasterCard ☐ Visa

Card No. \_\_\_\_\_

Expiry date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVC \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

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Please complete this form in Adobe Reader and click to email, or print and mail it with your payment to: Tuning in to Kids, Be Centre Unit 3, 9 Apollo St Warriewood NSW 2102. For more information please phone 02 9986 0955 or email [info@becentre.org.au](mailto:info@becentre.org.au)

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