

Tuning in to Kids

"Emotionally Intelligent Parenting"



A 6 week parenting program

Tuning in to Kids will help parents:

- Be more aware and accepting of emotions in themselves and their child
- Develop skills to help their child name emotions
- Have more empathic responses to their child
- Share more of the emotional aspects of life with their child
- Use Emotion Coaching when solving problems
- Know when not to use Emotion Coaching
- Develop their own emotional self-care and anger regulation skills.

When: Term 3 - 2014: starts **Wednesday 23rd July 2014** for six consecutive weeks

Time: 12.30pm to 2.30pm

Where: Dianella Community Health - 55 Craigieburn Rd, **Craigieburn**

Cost: This program is free. Registration is essential.

Eligibility: Residents of Hume and Moreland

Facilitator: Patricia Hogan, Psychologist

Danielle Gatti, Clinical Psychologist

Child care: Unfortunately we are unable to offer child care.

Contact: Counselling Intake on 9302 8803



Dianella
Community Health Inc