

# Tuning in to Kids

## 5 WEEK PARENTING COURSE – LIMITED PLACES

In this course, presented by Godelieve Hofman-Verkuyl, 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**



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 \_\_\_\_\_

Cardholder name \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone/mobile \_\_\_\_\_ Email \_\_\_\_\_

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

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healing through play therapy

[www.becentre.org.au](http://www.becentre.org.au)

