

Tuning in to Kids



Do you have a child between the ages of 4 and 12?

Would you like to.

- Gain a greater awareness of your own emotions*
- Learn how to better regulate your own emotions*
- Become more attuned to your children's emotions*
- Help your child learn skills to verbally label and manage their emotions*
- Help your child learn problem solving skills*
- Guide your children's behaviour with appropriate limits*

Then this is the group for you!

When:

Tuesday mornings

Commencing 1st March for 4 weeks

We will break over the school holidays and resume on 12th April until
19th April

Time:

9.30am-12pm

Venue:

Camcare—51 St Johns Ave, Camberwell

Bookings are essential

RSVP to Carly Ellis 98099109 or cellis@camcare.org.au