



Tuning in to Kids



Do you have a child between the ages of 4 and 10?

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:

9.15 to 11.45 am

Six Consecutive Wednesdays

2nd May to 6th June

Venue:

Glen Iris Primary School

Bookings are essential

Please RSVP to Anna Young

9831 1911 or ayoung@CamCare.org.au

or School Office