

2 Hour Information Sessions		Group Program
<p style="text-align: center;"><b>Emotion Coaching</b> <b>Connecting with your kids</b> (Based on the Tuning in Kids Program)</p> <p><i>For parents/carers of children aged between 2-10 years</i></p> <p>This session aims to provide information on</p> <ul style="list-style-type: none"> <li>• Emotional intelligence and why it's important</li> <li>• Looking at children's brain development</li> <li>• Tuning into your children's emotions to help manage behavior</li> <li>• Learn about 'emotion coaching' – helping children to understand and regulate their emotions</li> <li>• Looking at the different styles of parenting</li> </ul>	<p style="text-align: center;"><b>Adolescent Parenting</b> <i>For parents/carers of children aged between 12-18 years</i></p> <p>This session aims to provide information on</p> <ul style="list-style-type: none"> <li>• Adolescent development and its impacts</li> <li>• Challenges facing adolescent s &amp; parents/carers</li> <li>• Understanding our child's emotions &amp; help to regulate</li> <li>• Building resilience</li> <li>• Connecting with your teenager</li> <li>• Problem solving</li> <li>• Family Values</li> </ul>	<p style="text-align: center;"><b>Tuning into Kids</b> <i>For parents/carers of children aged between 2-10 years</i></p> <p>This 5-week parenting program aims to support families to</p> <ul style="list-style-type: none"> <li>• Be more aware of your child's emotions</li> <li>• Develop and understand your child's emotions</li> <li>• How to support learning and regulate emotions</li> <li>• Learn through children's emotional experiences to connect, teach and problem solve</li> </ul>
<p style="text-align: center;"><b>Come along to Gateway Health on Wednesday 16<sup>th</sup> February 2022 from 12.30pm – 2.30pm</b></p> <p style="text-align: center;"><i>Bookings are Essential</i></p> <p style="text-align: center;"><b>To enroll contact Andrea at Gateway Health on 0457 279 796</b></p>	<p style="text-align: center;"><b>Presented by Gateway Health on Tuesday 22<sup>nd</sup> February 2022 from 7pm – 9pm via Zoom</b></p> <p style="text-align: center;"><i>Bookings are Essential</i></p> <p style="text-align: center;"><b>To enroll contact Andrea at Gateway Health on 0457 279 796</b></p>	<p style="text-align: center;"><b>Come along to Gateway Health on Wednesdays from 2<sup>nd</sup> to 29<sup>th</sup> March 2022 from 9.30am – 11.30am each week</b></p> <p style="text-align: center;"><i>Bookings are Essential</i></p> <p style="text-align: center;"><b>To enroll please contact Jane at Gateway Health on 0429 984 203</b></p>