



Tuning in to Kids

Would you like to learn how to help your child develop emotional intelligence and better manage their feelings and emotions?

Children with emotional intelligence have greater success making and keeping friends, are more able to calm down when upset or angry and have better concentration at school.

In this program you will find out how to help your child understand and manage feelings such as frustration, worry and anger.

✓ Connections

✓ Emotions

✓ Self-Esteem

Program Details:

Location: Online Zoom sessions

Date: Tuesdays 7th February – 14th March 2023

Time: 7:00pm – 9:00pm

This Program has 6 weekly sessions

There is a cost of \$60 or \$30 Concession for the Program (workbook provided).

*Early registration
is encouraged.*



Register: www.catholiccarevic.org.au/register

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