

**FREE**

# Tuning in to Kids

## Tuning into Kids - 4 sessions

A four session parenting program for parents of children aged 2 –12 years old

Would you like to learn how to:

- be better at talking with and understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?



Children with higher emotional intelligence: have greater success with making and keeping friends, have better concentration at

school, are more able to calm down when upset or angry, tend to have fewer childhood illnesses.

Emotional intelligence may be a better predictor of academic and career success than IQ!

**September 2024**

4 Mondays - 2nd, 9th, 16th & 23rd September.

at Centacare Armidale -  
150 Rusden Street

10am to 1pm

Places are limited: **Register on FREECALL  
1800 372 826 or ring the Facilitator, Pedro on  
6738 7200 for more information**



**FAMILY**  
RELATIONSHIP CENTRE

HELPING FAMILIES BUILD BETTER RELATIONSHIPS



An Australian Government Initiative



**Centacare**

New England North West

*Rural Resilience*

THE SOCIAL SERVICES AGENCY OF THE CATHOLIC DIOCESE OF ARMIDALE