



Tuning in to Kids

Bendigo

Want to learn how to help your child manage feelings and emotions (emotional intelligence)?

Children with emotional intelligence ...

have greater success with making and keeping friends

are more able to calm down when upset or angry

have better concentration at school



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

Term 3, 2019

When: Mondays, 12th August - 16th September 2019
(6 weekly sessions)

Time: Arrival and registration 12.15pm
Sessions 12.30pm - 2.30pm

Where: CCS Family and Relationship Services
176 - 178 McCrae, Street, Bendigo

Cost: \$60 or \$30 concession

Child Care: Sorry, no childcare provided

Facilitators: CCS Family and Relationship Services