



Tuning in to Kids™ Pakenham

This engaging six session parenting program is designed for parents and carers of children aged 2-10 years.

Based on an easy-to-follow five-step emotional coaching approach, Tuning in to Kids™ empowers families to build stronger relationships and support children's emotional well-being.

Join us and make a lasting impact on your family's well-being!

By participating, you'll learn how to:

- Understand and nurture your child's emotional intelligence.
- Confidently coach your child through big feelings by tuning in to their emotions.
- Equip your child with tools to manage emotions, solve problems, and navigate challenges.
- Teach your child healthy ways to handle conflict and build resilience.

This group is open to parents/carers living within the City of Casey, the Cardinia Shire, or City of Greater Dandenong only.

COST
Free

DATES
Thursdays 13th, 20th, 27th
February, 6th, 13th & 20th March
2025

TIME
10:00am until 12:30pm

VENUE
The Parentzone Hub
75 Army Road
Pakenham VIC 3810

Light refreshments will be served

Bookings Essential

ENQUIRIES
P: 9704 8377
E: groupwork.south@vt.uniting.org

REGISTER
<https://forms.office.com/r/kPvhfmbKjQ>

