



'Big Feelings' & 'Growing Brains' Workshop: Hampton Park

For parents with primary aged children

Understanding Your Child's Behaviour and Emotional Development

Ever wondered *why* your child acts out, melts down, or doesn't listen, no matter how many times you ask? This practical and supportive workshop will help you understand what's going on in your child's brain and how their behaviour is often a message, not misbehaviour.

We'll explore how the brain grows, why big feelings can take over, and how parents can respond in calm and helpful ways.

In this workshop, you'll learn how to:

- Understand your child's brain and behaviour
- Make sense of BIG emotions
- Respond with connection instead of conflict
- Look beneath behaviour to discover the real needs
- Walk away with easy, everyday strategies you can use at home

Please note: This program is designed for caregivers residing in the City of Casey, Cardinia Shire, and Greater Dandenong who have at least 50% custody. Please be aware that children cannot attend the sessions, and childcare services are not provided.

Bookings Essential

Register via the QR code or link below



['Big Feelings' & 'Growing Brains' Workshop: Hampton Park - Fill out form](#)

Date: Tuesday 31st March

Time: 5.30pm – 7.30pm

Venue: Strong Drive Family & Childrens Centre: 101 Strong Drive, Hampton Park

Cost: Free

Light dinner & refreshments provided

Enquiries: Uniting Group Work

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Join us to learn, connect, and build stronger relationships, one moment at a time.

Uniting