



Parents Building Solutions (Early Years)

Do you want to:

- Help your child cope in a chaotic world?
- Improve your child's confidence and self-esteem?
- Help your child to deal with anxious feelings?
- Develop strategies to manage anger?
- Talk so your child will listen?

Come along to these 6 sessions to learn strategies, share stories and take some time out for you!

Recommended for: parents/carers of children (aged 2-5 years)

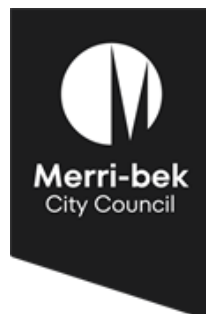
DATE: Wednesday 2nd August - 6th September

TIME: 10.00am - 12.00pm

WHERE: Online via Zoom

COST: This session is free of charge but registration is essential

For inquiries and bookings contact: ParentZone on 03 8641 8900 Or email parentzone.northern@anglicarevic.org.au.



PARENTZONE