Family Support Newcastle, Maitland Family Support Service, and Woodberry Place of Friends invite parents/caregivers with children aged 3-10 to a FREE 5 week group:





# Tuning in to Kids





Morning tea provided
Activity group for children
available if needed

# WHEN

Fridays 10am - 12.30pm

## DATES

27th February to 27th March

### WHERE

Place of Friends
Woodberry Public
School
Wonnarua Country

### Discussions include:

- Supporting your kids with understanding and managing their emotions
- Learning and practicing skills in Emotion Coaching
- How are emotions viewed in our society?
- Looking after yourself



To register call Bec 0478 116 675 or Mark 0491 060 916



