

# 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**