



## PARENTS BUILDING SOLUTIONS

### Free 6 week program to talk about kids

#### **ARE YOU TIRED OF YELLING?**

How to get kids to listen the first time

#### **DEALING WITH FEELINGS**

Helping parents deal with frustration, anger and/or anxiety

#### **STRATEGIES**

Discuss and share strategies that work

#### **CHILDREN'S BEHAVIOURS**

Understand why children behave the way they do

#### **SELF CARE**

How to cope with stress & emotions

**DATES:** Wednesdays 20, 27 Feb and 6, 13, 20 and 27 Mar 2019

**TIME:** 9.30am - 11.30am

**WHERE:** Belvedere Community Centre  
36 Belvedere Road, Seaford

**COST:** FREE

#### **BOOKINGS AND ENQUIRIES CONTACT:**

Michelle Brown - Parent Resource  
Co-ordinator or Jane Ronc 03 9781 6700  
Email: [michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)  
[jane.ronc@anglicarevic.org.au](mailto:jane.ronc@anglicarevic.org.au)