1-2-3 Magic and Emotion Coaching

Parenting Program

A parenting program to create a more peaceful household, less arguing and fewer angry moments. 1-2-3 Magic and Emotion Coaching is easy to learn, easy to use and a down to earth parenting program that helps parents gently and firmly manage the behaviours of children aged 3 – 10 years. Parents, Grandparents, Aunts, Uncles and carers all welcome.

The program aims to help parents gain practical tips on how to get children to:

- Stop doing the things that drive parents crazy like arguing, fighting, yelling
- Start to do things parents want children to do
- Develop children’s emotional intelligence
- Develop resilience in children

This program provides parent with strategies to sort between different types of behaviour and use less talk, less emotion which lessons both parent and child feelings of emotional stress and helps children to understand and better manage their emotions.

**Date:** Tuesday, 10th, 17th, 24th May, 2016
**Time:** 1.30 – 3.30 pm
**Venue:** St Joseph’s Primary School, Ponehurst
**Cost:** $35.50 Workbook
**Bookings:** Centacare Family and Community Services
Family Relationship Educator
Marea Sholly by Monday 9th May. Bookings Essential
Phone: (03) 5559 3000
Email: marea.sholly@centacarewarrnambool.org.au

Warrnambool Regional Parenting Forum

Addressing Anxiety and Building Resilience in Children and Young People

The City of Greater Geelong Regional Parenting Service and the Great South Coast Early Years Network welcome all mums, dads and those who support them to attend our FREE Parenting Forum.

Life can be challenging and may include many stressful situations. This forum will explore emotional anxiety in your child and will provide you with tips to understand their individual personality and help you boost your child’s ability to bounce back from life’s challenges and help them thrive.

**SESSION INFORMATION**

WEDNESDAY 15TH JUNE 2016 - 9.30am to 2.45 pm
(registrations open 9.30 - 10.00am)
- Lighthouse Theatre, 185 Timor Street, Warrnambool. Limited parking.
- Guest speaker: Andrew Fuller
- Professional experts from community organisations will be available on the day for participants to talk about parenting and family support
- Light lunch, tea and coffee provided.
- FREE child care available. LIMITED PLACES. Bookings essential. Contact for further details.

**EVENT REGISTRATION – RSVP BY WEDNESDAY 8TH JUNE 2016**

fsadmin@geelongcity.vic.gov.au or 03 5272 4741

If booking via email, please include the following: names, contact numbers and addresses of all bookings, how you heard about this event and if you require childcare.