

Midvale Hub Parenting Service Perth (North East)



Managing Strong Emotions

The Managing Strong Emotions Parent Workshop is a FREE 2 hour workshop recommended for parents and carers of children aged 4 to 11 years.

This program is aimed for parents to develop an understanding of the types of strong emotions present in our children, and how this can be supported within the home environment and to develop emotional resilience. Learn more about;

- What are strong emotions and where do they come from
- How to talk to children about strong emotions
- Strategies for self-regulation



Where:	Morley Primary School 36 Wellington Road, Morley (Meet in the Library)
When:	Wednesday – 10 th April, 2019
Time:	10.15am – 11.45am
Cost:	FREE
Crèche:	Not Available for this session

For more information, and to register, please contact:

Name: Midvale Hub Parenting Service Perth North–East
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Supported by



*The Midvale Hub Parenting Service Perth (North East) is provided
by Midvale Hub (Shire of Mundaring) and funded by the
State Government through the Department of Communities.*



Shire of Mundaring Children's Services