

# Midvale Hub Parenting Service Perth (North East)



## Supporting Children's Strong Emotions

This is a FREE 1.5 hour parent workshop recommended for parents and carers of children aged 3 to 10 years.

The workshop aims to support parents understanding of their children's emotional development and discussions around early brain development.

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
- Enhance emotional literacy in children



<b>Where:</b>	<b>Brockman Community House</b> 27 Hull Way, Beechboro
<b>When:</b>	Tuesday 10 <sup>th</sup> March, 2020
<b>Time:</b>	9:30am to 11:00am
<b>Cost:</b>	FREE
<b>Crèche:</b>	<b>Bookings essential.</b> Please contact Brockman House; (08) 9279-1588. Cost of \$5 per child

**For more information and to register, please contact:**

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Supported by



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