



# *Tuning in to Kids Group*

A six session parenting program for mothers of children  
aged 4 years to 10 years of age

Gain skills around having a positive relationship with your  
child and help them have a happy and healthy childhood

**Wednesdays**

**15 Feb, 22 Feb, 29 Feb, 7 Mar, 14 Mar, 21 Mar**

**10am to 12.30pm**

Would you like to learn how to:

Be better at talking with your child?

Be better at understanding your child?

Help your child learn to manage their emotions?

Your child will be successful in making and keeping friends; have better  
concentration at school; be able to calm down when upset or angry;  
and tend to have fewer childhood illnesses

**Group Cost: \$5 per week or \$20 one off payment (due Week One)**

If you are in financial hardship please speak to a staff member when registering.

**Morning tea is provided**

**Child minding available (bookings essential)**

**To register attendance and for further details please contact the Centre**

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