



Tuning in to Kids

Want to learn how to help your child manage feelings and emotions (emotional intelligence)?

Children with emotional intelligence have greater success making and keeping friends, are more able to calm down when upset or angry and have better concentration at school.

In this program you will find out how to help your child understand and manage feelings such as frustration, worry and anger.

✓Connection

✓Emotions

✓ Self Esteem

Program date & location:

Location: Our Place, 16-18 O'Brien Street,
Mooroopna VIC 3629

Dates: Tuesday 26th of July-Tuesday 30rd of August

Sessions: 1.00pm-2.00pm

This Program has 6 weekly sessions

No cost to participate, *early registration is encouraged.*

RSVP | CatholicCare Victoria
T (03) 5820 0444 | E shep@ccds.org.au

*We ask that all participants follow any current Covid 19 restrictions
e.g. social distancing, face masks regulations.*



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68 Wyndham Street, Shepparton VIC 3630
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www.ccds.org.au