



Emotion Coaching: Connecting with Our Kids

Online Workshop

Help your child to:

- Understand their emotions and be able to communicate how they feel
- Regulate their emotions and calm themselves
- Develop resilience and positive self-esteem
- Develop problem-solving and social skills
- Develop kindness and empathy towards others



This two hour online workshop delivered by Gateway Health is for parents and carers of children 2-10 years of age who would like to learn more about emotion coaching, understanding their children's emotional development and how they can connect with their children.

WHEN: Thursday 29th October 2020

6pm-8pm

WHERE: Online via Zoom

Registrations are essential.

Contact Intake Team : (02) 6022 8888