

Tuning Into Kids

A 6 week parenting program for Aboriginal & Torres Strait Islander parents of children aged 2-12 years



Tuning Into Kids will teach parents emotion coaching skills and how to:

- Understand your child's emotional needs and how to respond
- Understand challenging behaviour and teach children emotional regulation skills
- understand the effects of trauma on children's emotional development
- ability to recognise, validate and respond to your children's emotions and strengthen parent-child relationships

Where: Yarramundi Cultural Centre, 245 Lady Denman Drive

When: Monday Mornings

Time: 10:00am - 11:30am

Week 1: 18th August

Week 2: 25th August

Week 3: 1st September

Week 4: 8th September

Week 5: 15th September

Week 6: 22nd September



Spots are limited please contact us to register:

Ph: 0400 123 258 E: referrals@yerrabi.org.au