

## Term 1, 2024 Parenting Course Dates

### 1-2-3 Magic & Emotion Coaching Course for Parents:



A simple yet effective behaviour management program for parents and carers of children between 2 and 12 years of age. This course provides you with the knowledge and a set of practical responses to children's difficult behaviour and emotional upsets as they are happening.

**In Person OR Webinar: Thu 15, 22 & 29 Feb 2024 (3-part series)**

Find out more: <https://bit.ly/45aRFyP>

### Anxiety Coach Course for Parents:

Providing parents with the skills to reduce anxiety and build resilience in 2 -12 year old. Anxiety is far more prevalent in today's society. But are we just worrying too much these days? This course provides parents with a solid understanding of anxiety and will equip you with practical responses that you can use to help reduce anxiety and build resilience in your children.

**Tue 12, 19 & 26 MARCH 2024 (3-part series)**

Find out more: <https://bit.ly/3S5ZulM>



### Protective Behaviours Workshop for Parents:



A preventative, life skills program which enables children to develop the skills needed to empower them to deal with personal safety issues in difficult, unsafe, and abusive situations. For Parents of 3-12yo. You will gain practical strategies and activities to use with your children to heighten their awareness of their personal safety and to educate them about how to stay safe without scaring them.

**Sat 9 & 16 March 2024 (2-part series)**

Find out more: <https://bit.ly/3M2Rpu7>