

CENTRAL COAST



FAMILY SUPPORT SERVICES

Presenting:



We are running the Tuning Into Kids
for Parents with children
aged 0-12 years
(expecting parents are welcome)

Tuning in to Kids provides parents and carers with skills in emotion coaching, which is about recognising, understanding and managing their own and their children's emotions. When children develop these emotional skills they are better able to negotiate the ups and downs of life.

Where:

Peninsula Women's Health Centre—
20A McMasters Road, Woy Woy

[Click here to register](#)

In partnership

with:



The details:

12:30pm-2:30pm (2 hours)

10 August to 14 September 2022

(Six Wednesdays in a row)

Limited childcare is available at
the centre (on site). Please book
childcare when you register for
the course.

Central Coast Family Support Services (CCFSS) facilitates a variety of parenting courses and support groups, and offers case management support to families living across the Central Coast.

To register, or for more information, please call CCFSS on 4340 1585
or email ccfss@ccfss.com.au