



1-2-3 MAGIC AND EMOTION COACHING

THREE 2 HRS SESSIONS

A program for parents and carers to help manage difficult behaviour in children 2—12 years old

Topics covered include:

- How to discipline without arguing, yelling or smacking
- How to sort behaviour
- How to handle challenging and testing behaviours
- Choosing your strategy, the “three choices”
- Using emotion coaching to encourage good behaviour

“More often than not it feels like you get everything wrong as a parent. This course has allowed me to discipline my children in a way where I rarely raise my voice, no longer feel guilty about my behaviour and I feel like I am creating a respectful and loving family. I don’t get it right all the time however I am a work in progress. If anyone wants parenting to be easier, I strongly recommend the 1-2-3 Magic and Emotion Coaching course.” Julie (Rockhampton Parent) testimony

Where:	Umbrella Network	
Venue:	Umbrella Network 254 Eldon Street, Rockhampton Q 4701	
When:	Fri 20 Feb	9:30am-12.00
	Fri 27 Feb	9.30am-12.00
	Fri 6 Mar	9.30am-12.00
RSVP:	Fri 13 Feb, 2015	
Cost:	\$20	



Please note no one is refused a service based on an inability to pay

To register for any of the above programs
complete registration form and email to

registrations@centacare.net

or **Phone 1300 523 985**