



# Blacktown Women's and Girls' Health Centre

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## Tuning into Kids

Fridays, 10am—12pm from 19th May for 6 weeks

In partnership with Ngroo Education Aboriginal Corporation.

This program helps parents and carers of children 12 and under 'tune in' and improve communication and connection with their kids.

Practical tools help you build emotional intelligence in your child and manage challenging behaviour.

Through mothers the program builds on children's:

- Emotion Regulation,
- Problem Solving,
- Emotional Intelligence,
- Acceptance & Validation.



Increasing emotional intelligence helps prevent mental health problems and learning these skills can reduce mental health difficulties if they are occurring.

**Please Note: There is no onsite parking for clients or visitors.**

**Please contact the centre ASAP to register your spot for the program.**