



IT TAKES A COMMUNITY OF SUPERHEROES TO RAISE A CHILD

Tuning in to Kids® is an evidence-based, emotion-focused group parenting program that focuses on the emotional connection between parents and children. The program aims to teach parents and carers skills in recognising, understanding and managing their own and their children's emotions. (<https://tuningintokids.org.au/about/what-is-tuning-in-to-kids/>)

At Building Blocks Therapy, we run this program as a 7-session online course for parents/caregivers of children aged from pre-school to 12 years.

Would you like to learn how to:

- Be better at talking and connecting with your child?
- Be better at understanding your child?
- Help your child learn to manage their emotions?
- Teach your child to deal with conflict?

DETAILS

Frequency: Weekly for 7 sessions

Time: 7.30pm - 9.30pm

Location: Telehealth - Teams Meeting



Please contact our clinic on 03 9404 0338 to receive a service agreement with pricing information.

