• **123 Magic™ & Emotion Coaching**
  To help parents manage difficult behaviour in children 2-12 year olds.
  Tue 10th, 17th & 24th Feb (2 to 5 yrs)  7 to 9.30pm
  Thur 19th & 26th Feb & 5th March (2 to 12 yrs)  7 to 9.30pm
  Tue 3rd, 10th & 17th March (2 to 5 yrs)  7 to 9.30pm
  Tue 24th, Thur 26th & Tue 31st March (2 to 12 yrs)  7 to 9.30pm
  Check the website for more dates
  NB : (Also available on a one to one basis ie 3 x 1.5 hr sessions)

• **Engaging Adolescents**
  Parenting skills for resolving teenage behaviour problems in 11 - 16 yo.
  Includes how to hold difficult conversations, working out how NOT to respond to tricky emotional encounters, building your relationship with your teenager. 2 evenings, Wed 4th & 11th March, 6.45 to 9.30pm.

• **Protective Behaviours**
  Teach your child a range of skills and strategies to help protect themselves from physical, emotional and sexual abuse. Parents will be taught how to raise the issue of personal safety in such a way that doesn’t leave the child feeling scared, anxious or worried. It is also done in a non threatening and non sexual way. Available ‘In House’ for schools, playgroups etc.

• **Parenting Information Sessions** (including 10 take home tips)
  These 2 hr seminars are designed to improve your knowledge and confidence as a parent. Available ‘In House’ for schools, playgroups etc.

• **Private consults and courses available.**

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