

1-2-3 Magic & Emotion Coaching

**A FREE parenting group for mothers, fathers, and carers
of children aged 3-12 years old.**

1-2-3 Magic & Emotion Coaching is a three week parenting group.

You will learn about:

- Understanding children's behaviour
- Building your child's self-esteem
- Help your child to learn about their feelings and regulate their emotions
- Effective discipline without arguing, yelling or smacking

WHERE

Ryde Family Services
Suite 6, West Ryde Community Centre
3-5 Anthony Rd, West Ryde

WHEN

Tuesdays, 15 March to 29 March

TIME

10 am - 12 pm

FACILITATOR

Jan Williams is a trained Counsellor and Facilitator
of 1-2-3 Magic & Emotion Coaching

Limited free childcare is available for this group—please call to book.

Bookings essential. Please call Ryde Family Services on 9334 0111.



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