

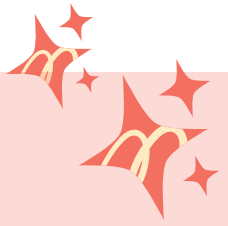


TUNING IN TO KIDS

A FREE six-session programme for parents & caregivers
of children aged 4-12 years

Presented by Community Wellbeing
North Canterbury Trust

Proudly supported by **mainpower**



LEARN HOW TO

Help your child understand and manage their emotions,
develop resilience and strengthen your relationship with them.

WHERE AND WHEN

LOCATION: Online

TIME: 6.30 - 8.30pm

DATES: Tuesdays

10, 17, 24 & 31 October
7 & 14 November



Please note you are required
to attend all six sessions.



HOW TO REGISTER

To register or find out more email: info@wellbeingnc.org.nz