

TERM 2 2022



Tuning in to Kids

Emotionally Intelligent Parenting

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

Start Date	Time	Venue	Facilitators	Contact email
Week 3 Wednesday 18 th May	9.30am	Waipuna, Cnr Woodham and Pages Rd, Linwood	Liz & Suzi	Liz.riley@sjog.org.nz
Tuesday 10th May	6pm- 8pm	Zoom	Cathy and Paige	Paige.lenton@barnardos.org.nz
Wednesday 18 th of May	7-9pm	Clearview School - Library	Daniela and Emma	danielaj@psusi.org.nz
Thursday 19 th of May	7-9pm	Lincoln Primary School	Sandra and Justine	Sandra.keenan@ccn.health.nz
Tuesday 17th of May	7-9pm	Darfield Primary School - Maker Space	Colleen and Sandra	colleen@hpct.org.nz
Wednesday 25 th of May	7-9pm	Parklands Baptist Church Cafe 180 Queenspark Drive	Kim and Rachel	Kim.button@yat.org.nz 0276772472
Thursday 19 th May	12.30 - 2.15	Chapel St Centre Christchurch North Methodist Parish community room. 68 Harewood Rd	Jonathan, Becky, Megan	Jonathan@mmsi.org.nz
Monday 16 th May	7-9pm	Lincoln Primary School	Sandra and Hannah	Sandra.keenan@ccn.health.nz

If you would like further information or to sign up to attend please contact the facilitator listed above.

An evidence based programme designed to teach parents and caregivers:

- Awareness and regulation of your own emotions and awareness of your children's emotions
- Skills to enable children to use language to manage their emotions and to problem solve.

Sessions include:

- Watching video material
- Group discussion and sharing
- Home activities to practice different ways to respond to your child's emotions