



Tools for Parents[©]

Richmond Community Services Inc. is pleased to be able to offer a

FREE 3 week group with FREE childcare

For parents/primary carers of children 0-12years

Keeping Your Cool with Your Kids

Looks at how you can manage your anger instead of it spilling out onto your kids. The course covers:

- Signs of anger
- Knowing your triggers
- Patterns of how anger gets managed in your family
- How to manage your own anger as well as anger from the kids
- Ways to model healthy expressions of anger to children
- Safety in the home
- Forgiveness and reparation after the event

This group is not suitable for situations where anger has led to family violence

This is an ongoing 3 week group and participants must be able to attend all 3 dates.

3 x Saturdays—10am—12.30pm

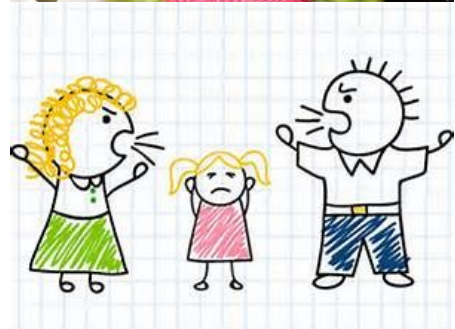
5th, 12th & 19th May 2018

BOOKING ESSENTIAL! 02 4588 3555

Email: admin@rcsi.ngo.org.au

At: Richmond Neighbourhood Centre

20 West Market Street, Richmond, NSW 2753



The project is funded by the Australian Government's continuation funding of the 'Tools for Parents' project — to provide free workshops and ongoing courses designed to help parents/primary carers of children 0—12 years develop better relationships between themselves and with their children —and to enhance parenting skills. Richmond Community Services Inc . purchases group and workshop facilitation from Windsor Professional Centre and childcare services from Hawkesbury Community Outreach Mobile Minders Service for the project and is delighted to offer them free to participants.