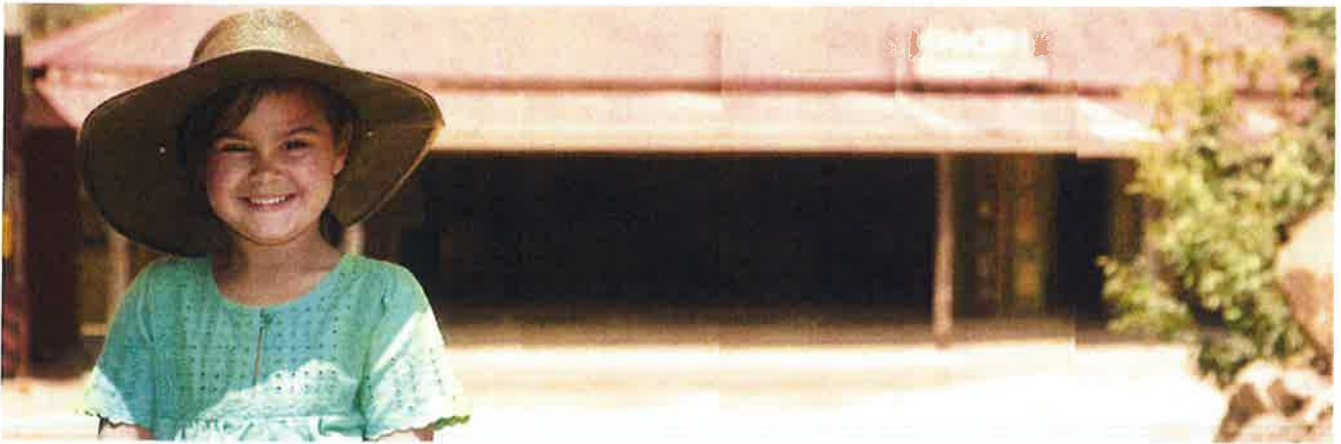


# 1-2-3 Magic and Emotion Coaching

## Parenting Program



A parenting program to create a more peaceful household, less arguing and fewer angry moments. **1-2-3 Magic and Emotion Coaching** is easy to learn, easy to use and a down to earth parenting program that helps parents gently and firmly manage the behaviours of children aged 3 – 10 years. Parents, Grandparents, Aunts, Uncles and carers all welcome.

The program aims to help parents gain practical tips on how to get children to:

- Stop doing the things that drive parents crazy like arguing, fighting, yelling
- Start to do things parents want children to do
- Develop children's emotional intelligence
- Develop resilience in children

This program provides parents with strategies to sort between different types of behaviour and use less talk, less emotion which lessens both parent and child feelings of emotional stress and helps children to understand and better manage their emotions.

**Date:** Tuesday 13<sup>th</sup>, 20<sup>th</sup> 27<sup>th</sup> March, 2018

**Time:** 6.00 – 8.00 pm

**Venue:** Centacare, 142 Timor St, Warrnambool

**Cost:** \$6.50 for a workbook

**Bookings Essential:** Centacare Family and Community Services  
Family Relationship Educator  
Marea Sholly  
Phone: (03) 5559 3000

Email: [marea.sholly@centacarewarrnambool.org.au](mailto:marea.sholly@centacarewarrnambool.org.au)



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