

1-2-3 MAGIC® & EMOTION COACHING PARENT WORKSHOP



A three-session program to help parents and carers (of children 2-12 years) to manage their children's behaviour and build their child's emotional resourcefulness

VENUE: JewishCare, 3 Saber Street Woollahra (free parking available)

DATES: Tuesdays 6th, 13th, 20th March

TIME: 6.30pm – 9.00pm

AIMS

- ✓ Provide parents the skills to take action in difficult-to-manage parenting situations
- ✓ Determine how to choose the best strategy – Do nothing, listen or act?
- ✓ Create a balance between too much talk and too much emotion
- ✓ Increase children's ability to self manage their emotions
- ✓ Knowing how to avoid getting 'hooked' by children's negative emotions

COURSE COSTS AND DURATION

The course costs \$35/pp which includes workshop materials.

The course runs over 3 evenings. In order to get the most out of the workshop, it is important that you are available to attend all 3 evenings.

TO BOOK AND FOR FURTHER ENQUIRIES

<https://www.trybooking.com/TQAP> E: 123magic@jewishcare.com.au or call Mimi Zilka T: 9302 8037

WHAT PARENTS HAVE SAID ...

"What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!"

"I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control."

WHO'S RUNNING IT?

JewishCare's Manager of Family Support, Robyn Bernitz and Manager of Youth Services, Mimi Zilka will be running the workshop. Both have extensive experience working with children and adolescents, and are accredited trainers of the Parentshop '1-2-3 Magic & Emotion Training' program.

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au