livable your life your way

PCYC

2 sessions

COME TO ONE OR BOTH

CREATING CONNECTION

EMPOWERING COMPETENT KIDS

Learn to be an effective communicator with your children to foster their competence and resilience by building a secure parent-child relationship.

5 - 6 pm Session 1: Understanding Reactions

- Explore how to keep the pre-frontal cortex engaged.
- Learn to create space for pausing before reacting, especially when exhausted or emotional.

6:15 - 7 pm Session 2: Parent as Coach

- Discover the benefits of neutral, needs-focused and available parenting.
- Affective communication to uplift your child.

WEDNESDAY JUNE 5

AT PCYC:
300 POWELL ST.
GRAFTON NSW

Livable events are FREE.
Light refreshments provided.

BOOKINGS ESSENTIAL

1800 289 927 LIVABLE.ORG.AU/EVENTS

Livable Family and Relationship Services is funded by the Department of Social Services.