livable
your life your way



# RAISING EMOTIONALLY RESILIENT KIDS

Learn simple, daily emotion coaching tools to help your child name, understand, and handle big feelings.

This standalone course covers the foundations you need to calm meltdowns, build resilience, and strengthen your relationship.

**Tuesday**
**8 September**
10am - 12pm

**At Livable:**
Suite 2, 30A
Orlando Street
Coffs Harbour

Livable events are **FREE** and refreshments are provided.

## BOOKINGS ESSENTIAL

1800 289 927 LIVABLE.ORG.AU/EVENTS

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