



2019 FREE PARENTING SEMINARS

- **Monday 25 March**—Everyday ideas to build Healthy **RESILIENT** Young People presented by Mark Le Messurier
- **Monday 27 May**—**Anxiety** presented by Madhavi Nawana Parker
- **Monday 24 June**—What is ‘**Social and Emotional Literacy**’ **SEL** presented by Mark Le Messurier
- **Monday 26 August**—The **ART** of using emotionally connecting language patterns with our Kids. Especially in the Tricky times presented by Mark Le Messurier
- **Monday 23 September**— Helping you stay **CONNECTED** with your Child in a fast paced, changing world presented by Madhavi Nawana Parker
- **Monday 29 October**— “**Get Off that Computer, NOW**” presented by Mark Le Messurier

7-8.30pm

Fullarton Park Community Centre (Use Rear Foyer Entrance)

Bookings essential as places are limited: phone 8372 5180