A four week program for 5 - 8 year old children focusing on emotional regulation and social skills.

Each week will focus on:
- Increasing your child’s self-awareness.
- Encouraging self-confidence.
- Increasing your child’s ability to identify and express their feelings and energy levels.
- Developing your child’s social skills.
- Teaching your child tools to stay calm and alert.

This program will use methods such as Jelli-Time™ and The Alert Program. It is a great way for your child to learn social and emotional skills, in a relaxed, fun environment.

**Date:** Thursdays 16 and 23 February, 2 and 9 March 2017  
**Time:** 3.00pm to 4.15pm  
**Venue:** Child and Parent Centre – Gosnells  
173 Hicks Street, Gosnells (access via Clara Street)  
**Contact:** 9398 8720 Email CPCGosnells@centrecare.com.au

Bookings essential.  
Creche available for children over 12 months.