



- **How can we listen to our kids better?**
- **How can we help our kids to know what they are feeling?**
- **How can we support our kids with what they are feeling?**

All emotions are normal, it's what we do with them that matters. To support parents we are offering a series of FREE seminars to help you with recognising, understanding and responding to teen emotions.

**When: MONDAY, JUNE 24**

**Where: KOJONUP DISTRICT HIGH SCHOOL**

**Time: 1.30 – 3.00pm**

**Contact: 9831 2300**

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