



SKILLBUILDERS GROUP PROGRAMME

FUN WITH FEELINGS

For Ages 5- 8

This group combines helpful parent sessions with fun learning sessions for children aged 5-8.

Children will learn about 6 key feelings and learn how to regulate their emotions with fun and relatable characters.

Our parent sessions will focus on equipping you with the skills to manage meltdowns, combat anxiety and help your child navigate the emotional world, while preserving your own emotional wellbeing.

For more information please contact us on 9332 2223 or 0418 940 946 (Caryn).

SKILLBUILDERS
Building Kids' Skills for Living and Learning

