



1-2-3 Magic & Emotion Coaching Parenting Program

Free live ONLINE program for parents of children aged 2 to 12 years

Tired of yelling and nagging?

Resolve difficult behaviour in children aged 2 to 12

In 3 sessions parents will learn:

- How to discipline without arguing, yelling or smacking
- How to handle challenging behaviours
- How to use emotion coaching to encourage good behaviour
- Strategies for encouraging good behaviour
- How to sort behaviours and choose correct strategies using "The 3 Choices Model"

We'll also work on strategies so you can:

- Strengthen your relationship with your child
- Strengthen your child's emotional resilience

On completing the program parents will receive:

- A FREE workbook (valued at \$12) to apply the concepts learnt
- A Certificate of Completion

Do this highly sought-after program live online from the comfort of your own home!

When?

11:00am – 2:00pm

Over 3 Thursdays:

August 21st

August 28th

September 4th, 2025

Cost?

FREE - but bookings are essential!

To book your spot please contact:

Bass Coast Health

Integrated Family Services

Mark Brookes

0484 072 775

or

Jo Choyce

5671 3273

HURRY!

Applications close

Monday 18th August