

Parent-Child Connection

West Leederville



Nurturing Resilience and Emotional Wellbeing in Children (Ages 2–12 years)

Parenting can be challenging – especially when children experience big feelings and difficult moments.

This interactive 3-week course helps parents and caregivers to better understand their child's behaviour, build a stronger connection, and learn practical strategies to support their emotional regulation and resilience.

In this course, you will learn about:

- How your child's brain develops
- Why big emotions happen
- Practical ways to respond to your child's emotions
- Supporting emotional regulation and resilience
- Managing your own stress and responding thoughtfully
- Strengthening communication and connection in your family.

When: Wednesdays 20 & 27 May, 3 June 2026

Time: 6.30pm-9.00pm

Where: WEST LEEDERVILLE – Level 1, Southport St

Cost: \$50 per person, \$25 concession



For information about our courses and workshops please call 6164 0200 or visit www.relationshipswa.org.au

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