

## How to Talk so Kids Will Listen

This course is for families experiencing separation

A FREE workshop for Parents and Carers

Do you feel like your requests are falling on deaf ears? Come along and learn how to:

Develop strategies to communicate effectively with your kids
Really hear what your kids are trying to tell you
Explore realistic expectations and setting boundaries
Foster resilience in your child

**Time:** 2:00pm – 4:00pm **Date:** Tuesday 5 May 2020

Venue: Centacare Level 2

45 Wakefield Street,

Adelaide 5000

Please note childcare facilities are not available and children cannot be present at this course

Bookings essential. Please contact Centacare on 8215 6700 or email your details to: registrations@centacare.org.au

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