

Pottsville Beach Neighbourhood Centre (PBNC) presents:

1-2-3 Magic and Emotion Coaching

**a popular parenting program, for carers of children
2-12yrs, to strengthen family relationships.**

**This three-session program encourages parents/carers to
manage difficult behaviour with easy-to-do responses.**

The program also provides parents/carers with strategies to:

- **increase parenting skills;**
- **develop a fair signalling system;**
- **change patterns of behaviour;**
- **avoid shouting and arguing;**
- **assist with self-regulation; and**
- **nurture their child's emotional growth.**



Presented by accredited 1-2-3 Magic Facilitators

All sessions are **FREE**

Wednesday 8th, 15th and 22nd September, 2010

6:00pm to 8:00pm.

Ebb Tide Room

PBNC, 12a Elizabeth Street

Pottsville Beach

Bookings are essential. Please contact Angela on **02 6676 4555** or email **admin@pottsbnc.ngo.org.au** no later than Friday, **27th August, 2010**, to register and confirm your place.

Couples are encouraged to attend together. Limited child-minding places are available for children from families who do not have alternative child-minding arrangements in place. Please discuss your needs when making your booking.

For more information about PBNC, visit **www.pottsvillebeachnc.org.au**