

Dealing with BIG Feelings

“Coaching kids of all ages to own and manage their feelings begins with parents understanding how to do this.



FREE Seminar by Mark Le Messurier
2022 SA Senior Australian of the Year

Everyone experiences *BIG FEELINGS!* Typically, *BIG FEELINGS* are bigger and more prevalent in the world of children usually as a reaction to dread, anxiousness, stress or disappointment. Many parents feel helpless as they witness their child acting out their *BIG FEELINGS*, inaptly, day in and day out. Sometimes, from a place of love, we unintentionally seize onto strategies that strengthen our children’s strong and distressing emotional responses. There isn’t a ‘one-size-fits-all’ solution, but there is a wide selection of great research-based techniques that can help manage it.

Learning to manage all kinds of *BIG FEELINGS* starts with coaching kids to identify the feeling they’re experiencing and developing tools to calm down and express feelings and thoughts. The truth is that most of these coping skills are simple to learn, easy to use and effective over time. It is possible to teach all kids how to cope better with their *BIG FEELINGS* and bring more emotional steadiness and happiness in their lives. Mark promises to bring a wealth of totally practical ideas to show parents how to coach their children to tame their *BIG frustrated FEELINGS*

Monday 28 March 2022, 7- 8.30pm

Fullarton Park Community Centre (Use Rear Foyer Entrance)
411 Fullarton Road, Fullarton

BOOKINGS ESSENTIAL DUE TO COVID 19 RESTRICTIONS. NUMBERS WILL BE LIMITED , PLEASE ADVISE US IF YOU ARE UNABLE TO ATTEND AS THERE MAY BE A WAIT LIST. Masks and QR Check ins may apply.

Phone 8372 5180 or email pdale@unley.sa.gov.au



2022 Brings the release of Mark Le Messurier’s latest book, ‘BUILDING SACRED GROUND: Parenting with ‘soft eyes and warm hearts’. Mark’s Seminars and Discussion Groups will take you on a journey through the chapters of his book

Funded by Dept., of Human Services

411 Fullarton Road,
Fullarton SA 5063
Ph 8372 5180

 facebook.com/fullartonparkcentre