



St John the Apostle Catholic Primary School Narraweena

1-2-3 Magic and Emotion Coaching

FREE Course for Parents
An easy 3 step program for
Calm, Effective and Happy Parenting

It's easy to learn and it works!

The logical and practical 1-2-3 magic method can be learnt in 3 sessions. It is easy to remember and implement, especially when parents are tired or stressed.

1-2-3 Magic encourages a calm approach to parenting, even in those tough moments, and shows parents how to improve their relationship with their children. Recent brain research is showing the importance of giving children practice at managing their emotions, and therefore, their behaviour. We now know that children can learn about their feelings and be taught how to manage their emotional selves to be more resilient and make better choices.



The workshop will be facilitated by **Jeanie McDonnell**, Family Liaison Officer for St John's Narraweena and St Kevin's Dee Why. Jeanie is also a member of the Diocesan Parent Education Team, delivering parenting workshops such as *The Resilient Child*, *Social and Emotional Learning* across Northern Beaches schools.

**This course will be held over three Monday nights
from 7pm to 9pm:**

- Monday 23rd May
- Monday 30th May
- Monday 6th June

**Location: St John Catholic Primary School Library,
166 Alfred Street, Narraweena**

*To register, please scan
this QR code:*

