



4 **FREE** Parent webinars by child psychologist: Learn to support your primary school aged child with worry, frustration, managing impulses and tricky behaviour. Zoom into 1 or all 4 – 1 hr duration

**1) Tuesday 15<sup>th</sup> of March 2022 at 7pm (AEST) - “Helping Children through the Emotional Challenges of Primary School”** - learn about the challenges children experience with emotions, learning and friendships during primary school - and what they need from parents/caregivers to succeed.

Click here: <https://us02web.zoom.us/j/83297305374?pwd=Uzg0REpiN2ZzTG1xRWE3eThrTHJPZz09>

Zoom Meeting ID: 832 9730 5374 Passcode: 732897

**2) Monday 28<sup>th</sup> of March 2022 at 7pm (AEST) - “Calm and Confident Kids”** - learn to help children with a tendency towards worry or anxiety - or who are dealing with difficult life situations.

Click here: <https://us02web.zoom.us/j/88695370225?pwd=cVhac2JNVUxuVEZqUzVnR1owell1UT09>

Zoom Meeting ID: 886 9537 0225 Passcode: 719597

**3) Wednesday 11<sup>th</sup> of May 2022 at 7pm (AEST) - “Calm and Connected Kids”** – learn to help children to develop positive friendships and manage peer difficulties which often arise in primary school.

Click here: <https://us02web.zoom.us/j/81238889177?pwd=NIRnYVpJbXJxR3R3a1FvYUdjZFBFZz09>

Zoom Meeting ID: 812 3888 9177 Passcode: 159022

**4) Wednesday 8<sup>th</sup> of June 2022 at 7pm (AEST) – “Calm and Co-operative Kids”** – learn to help children who have a tendency towards frustration, have difficulties managing impulses or feeling unco-operative.

Click here: <https://us02web.zoom.us/j/87172614896?pwd=K0YxWU5YYy9aYnZqcjlsakw1RXNRZz09>

Zoom Meeting ID: 871 7261 4896 Passcode: 276561

No RSVP necessary but “zoom in” quickly as only 100 zoom spots available each session.



Presented by clinical child psychologist Kirrilie Smout. Kirrilie has had 25 years experience in working with children and families, is the author of two books about children and mental health and regularly consults with national bodies about child mental health concerns. She is the Director of Calm Kid Central, an online program of courses to help children manage emotional health challenges. [www.calmkidcentral.com](http://www.calmkidcentral.com) (Free using FIRSTYEAR access code).

Any questions please contact Sandra on: [sandra@developingminds.net.au](mailto:sandra@developingminds.net.au)

Funded by Gippsland Primary Health Network (GPHN)

