Can I really coach my child to better manage their **BIG FEELINGS**?

**Are BIG FEELINGS normal?**

Coaching kids of all ages to manage ANXIOUS to ANGRY feelings and anything in-between!

- Depression
- Sadness
- Frustration
- Anxiety
- Anger
- Disappointment
- Resilience

**Mark Le Messurier**  
Counsellor, Mentor, Educator and Parent Coach  
Co-author of the “What’s the Buzz?” social skills program and author of many books including; Parenting Tough Kids and Raising Beaut Kids  
*Mark’s books will be available for purchase on the night*  
www.marklemessurier.com.au

**Wednesday 14th September 2016  7.00pm- 9.00pm**  
Golden Grove High School  
Dame Roma Mitchell Building  
*Entry Gold Coin (Optional)*  
R.S.V.P. by 2/9/16

Register attendance online: [https://marklemessurier-goldengrove.eventbrite.com.au](https://marklemessurier-goldengrove.eventbrite.com.au)  
Or by contacting Sandy Rawlings (GGHS/Family Youth Worker) 0428 611 435  
Golden Way Partnership  
Building Better Outcomes for Learners