



Sad, Cranky, Scared, Stressed

Guiding children through their big emotions

This is Dr Coulson's powerful parenting guide to teaching children to understand and regulate their emotional world.

This **FREE** presentation equips parents with a five-step 'emotion coaching' process that brings together the very best in emotional intelligence research to build children's resilience, increase wellbeing for the whole family, and develop healthier humans.

**For parents & caregivers of
children aged 2 - 10 years.**
Light refreshment provided.

WHEN & WHERE

Wednesday 17 July 2024
6:00pm - 7:30pm
Edith Cowan University
Lecture Theatre 6.101
585 Robertson Drive, Bunbury

TO BOOK

<https://bit.ly/SWJUSTIN1>

About Dr Justin Coulson

Justin is the co-host and parenting expert on Channel 9's Parental Guidance, the founder of happyfamilies.com.au, and one of Australia's most trusted parenting experts. He holds a PhD in Positive Psychology.

Over the past decade he has helped innumerable families with his 9 books about raising children, his hundreds of media appearances and two viral videos that have been viewed a combined 80 million times!

Enquiries: Investing in Our Youth

T: 08 9721 6951

E: hello@investinginouryouth.org.au

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