



PARENT group

Helping your anxious or distressed child

For parents with children aged 5-12 years who are struggling with emotional or anxious behaviours.

Do you experience the following:

- **Tantrums or meltdowns**
- **Power struggles**
- **Clingy/ worried child who won't try new things**
- **Morning/Bedtime/school drop very difficult and drawn out**

This group aims to help parents feel more confident with managing their children's behaviour by understanding the value of a different approach to managing children's difficulties which is grounded in neuroscience, attachment theory and emotionally focussed relating.



Facilitated by Meg Bryant, a child and family therapist with 28 years' experience working with children and families in community and health settings. Meg now splits her time between private practice and lecturing. She developed the CalmMinds group programme 8 years ago.

When: Saturday 8th March 9 am – 12.30pm

Where: Dunedin-Taste Nature Group room, 131 High St, Dunedin

To register: contact info@mindsense.co.nz

Cost: \$120 + gst

ENROL NOW