



## Sad, Cranky, Scared, Stressed

### Guiding children through their big emotions

This FREE parenting 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 all parents, especially of middle primary to early high school children.

### LIVE STREAM

Tuesday, 12 March 2024

6:30pm - 8:30pm (For 6:45pm start)

Livestream for WA regional parents

### TO BOOK

<https://bit.ly/PCWAJCFLYER>



## About Dr Justin Coulson

Justin is the co-host and parenting expert on Channel 9's Parental Guidance, the founder of [happyfamilies.com.au](http://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 (including all of Australia’s major news outlets, and even the Washington Post and the New York Times), and two viral videos that have been viewed a combined 80 million times!

Justin and his wife Kylie have been married since the late 1990s and are the parents of 6 daughters.

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