



Free Parent Workshop: Managing Meltdowns and Tantrums How to Help 2-12 year old Children Cool Off



When children have a hard time managing their emotions it can turn into meltdowns and tantrums. Meltdowns and tantrums can be effectively prevented, managed, and treated. In this workshop, parents will be able to tell the difference between a meltdown and a tantrum, will learn tools to respond to and prevent meltdowns and tantrums, and will be given resources for when to seek additional help

Who: All Parents and Guardians of children 2-12 years old

When: Tuesday, December 4, 2018

Time: 6:00- 7:30PM

Where: Austin Child Guidance Center- Conference Room
810 West 45th Street
Austin, Texas 78751

Cost: FREE

Childcare: Limited childcare available for children 2 years old and older at no cost.

To Register please visit:

www.austinchildguidance.org

Click on **News & Events- Event Calender** to see all of the workshops
Or call Sandy Perwein at 512-451-2242, ext. 110