



TWO DAY WORKSHOP 13TH & 20TH JANUARY “FROM CHAOS TO CALM”

A parenting programme to empower parents to:

- Use playful connection to strengthen their relationship with their child.
- Understand and manage big emotions, from temper tantrums to anxieties.
- Learn how to respond to those feelings to bring about calm.
- Set limits without shaming.
- Put the joy back into parenting.

Facilitated by: Aideen Flynn, MA, M-IAPTP.

Aideen has worked with children and parents in educational settings for 20 years, starting as a mainstream primary teacher, moving into SEN working specifically with children with an ASD diagnosis. She is now a child and adolescent psychotherapist helping children, parents and teachers work together to enable the struggling child be the best he or she can be.



Aideen Flynn

Child & Adolescent Psychotherapy, The Treasure Within, Quin, Co. Clare.

Create a Calm Environment

Help Your Child Manage Their Big Feelings

Learn How to Set Respectful Limits

Strengthen Your Parent-Child Connection

Venue: Galway Education Centre, Cluain Mhuire, Wellpark, Galway.

Time: 10:00am – 2:30pm

BOOKING:
To book log onto www.galwayec.ie
Register on the site and select course and book

