




Tena koutou Parents/Caregivers,

Throughout the year, we are offering a series of **parent topic meetings and group discussions** designed to support you in the important role of raising your children.

Our first session will focus on **helping children with emotional regulation through The Zones of Regulation**. This session is particularly relevant for parents of children aged **5–13 years**.

We are pleased to welcome **Adam Turner (RTLB) and his wife, Amy**, as our facilitators for this session.

To accommodate different schedules, we are offering two session times:

 **Tuesday, 18 March | 3:30 – 4:30 PM** (*Childcare will be available*)

 **Thursday, 3 April | 7:00 – 8:00 PM**

Please note that Thursday's session will be a repeat of the Tuesday session. You therefore only need to attend one of the two sessions.

If you would like to attend, please complete [THIS form](#) as soon as possible.

"Start children off on the way they should go, and even when they are old they will not turn from it." – Proverbs 22:6

We look forward to seeing you there!