

# FREE Online Parenting Sessions with Lou Harvey-Zahra



Colac Otway and Corangamite Child & Family Services Alliance are proud to present a series of parenting sessions brought to you by author and international presenter, Lou Harvey-Zahra.

Lou Harvey-Zahra is passionate about assisting both parents and teachers to develop calm and happy children.

Her work is candid and relevant with tips and advice for taking a clear look at family life to identify what's working, what's not and exploring new ideas for improving parent-child relationships.

Sessions will be online (via Zoom) and free of charge.

Book online to secure your place.

## Terrific Toddlers

Hear ideas for transforming life with Toddlers.

Hear ideas for transforming life with toddlers, less tantrums, happier toddlers and greater parent and child connection. This parenting session will cover how to understand toddlers for greater family harmony; connection games for contented toddlers; fabulous play ideas and terrific tips for all toddler areas: decrease tantrums and transform all toddler trying moments!

**Tuesday 6 October, 8pm - 9.30pm**  
**Tuesday 13 October, 8pm - 9.30pm**  
**Book online: [www.trybooking.com/BLPQC](http://www.trybooking.com/BLPQC)**

## Thriving Children

Focusing on 7-12 year olds.

(aimed at parents and carers of 7 - 12 year olds)

This parenting session offers practical ideas to enhance family life and to form strong foundations before the teenage years. Gain ideas for strong family connections, and practical tips for busting boredom. Hear new creative discipline ideas for middle childhood and answers to common parenting questions.

**Thursday 8 October, 8pm - 9.30pm**  
**Thursday 15 October, 8pm - 9.30pm**  
**Book online: [www.trybooking.com/BLPRG](http://www.trybooking.com/BLPRG)**

## Happy Children

Focusing on 3-7 year olds.

(aimed at parents and carers of 3 - 7 year olds)

The Happy Children parenting session will discuss positive family rhythms, inspiring play, and creative discipline for increased harmony and connection - all areas to create 'Happy Children!'

**Wednesday 21 October, 8pm - 9.30pm**  
**Wednesday 28 October, 8pm - 9.30pm**  
**Wednesday 4 November, 8pm - 9.30pm**  
**Book online: [www.trybooking.com/BLPQT](http://www.trybooking.com/BLPQT)**



Health and Human Services



Colac Otway and Corangamite Child and Family Service Alliance

