

# IS YOUR CHILD MOODY? ARGUING? SHUTTING DOWN?



Come along and hear **KATHRYN BERKETT** explain many of the reasons for this type of behaviour. And even better, we will talk about **WHAT TO DO!!**

**TUESDAY 21ST NOVEMBER • 7- 8.30PM**  
**UPPER HUTT COSSIE CLUB • TICKETS \$15**

This session will give you incredible insight, in such a short time, into the stress response and the effect it can have on us and those around us. You can take this information and immediately apply it to your world. Reports of 'you have changed our household' and 'I get it now' are very common feedbacks from those who attend this session.

#### **WHY WOULDN'T YOU COME ALONG?**

Kathryn is a mother of two and has her masters in educational psychology. She will explain what is going on in simple, real language. You will leave her session with practical tips that you can use immediately. Kathryn has been working in this area and training international audiences for over fifteen years; working with groups such as police, teachers, parents, social workers, NZ rugby and many more.

**ENGAGE**   
MORE CONTROL | LESS IMPULSE



**LEARN WHAT TO DO IN THAT MOMENT OF CONFLICT • REAL 'TAKE HOME' STRATEGIES  
IDEAL FOR THOSE WITH AGES 10 PLUS • EASY TO UNDERSTAND EXAMPLES**

**Purchase tickets from the Upper Hutt Cossie Club reception  
or online: [www.cossieclubs.org.nz/events](http://www.cossieclubs.org.nz/events)**