



## **Parent Workshop:** **Managing Meltdowns and Tantrums** **How to Help 2-10 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.

**When:** Tuesday, June 4, 2019

**Time:** 6:00- 7:30PM

**Where:** Austin Child Guidance Center- Conference Room  
810 West 45<sup>th</sup> Street  
Austin, Texas 78751

**Cost:** \$20 per parent/caregiver

**Childcare:** Limited availability for children 2 years old and older at no cost.

***To Register please visit the ACGC website at:  
[www.austinchildguidance.org/news-events/event-calendar.html](http://www.austinchildguidance.org/news-events/event-calendar.html)  
or call 512-451-2242***