

Parenting information sessions - Term 1 2023

FREE 2 hour sessions - Bookings are essential

Adolescent Parenting	Raising Resilient Children (From the Triple P International)	Connecting with your kids Emotion Coaching
For parents and carers of children aged between 12 and 17 years	For parents and carers of children aged between 2 and 12 years	For parents and carers of children aged between 2 and 10 years
<p>This session will provide information on:</p> <ul style="list-style-type: none"> • Development of teenagers - impacts and challenges • How you can support your teenager's emotions and help them build resilience • Connecting with your teenager • Helping to problem solve • Family values 	<p>This session will provide information on:</p> <ul style="list-style-type: none"> • Recognising and accepting feelings • Expression of feelings • Building a positive outlook • Developing coping skills • Dealing with negative feelings • Stressful life events 	<p>This session will provide information on:</p> <ul style="list-style-type: none"> • Tuning into your child's emotions to help manage behaviour • Learn about emotion coaching to help your child understand and regulate emotions • Help manage meltdowns • looking at child's brain development
<p>Tuesday 28th March 7pm to 9pm Via online (Link will be provided)</p>	<p>Thursday 23rd February 7pm - 9pm Via online (Link will be provided)</p>	<p>Monday 20th March 7pm - 9pm Via online (Link will be provided)</p>

To book your place contact Gateway Health on 02 6022 8888
or email parenting@gatewayhealth.org.au