

Parenting After Bushfires

Free program for families who have experienced the trauma of bushfires.

Designed specifically to help parents to support children through the aftermath of such a devastating event.

We offer a telephone delivered program consisting of four one hour sessions and can be tailored to meet the needs of individual families with additional sessions as required.

Your Experience:

- Managing loss and trauma
- Identifying your reactions
- Identifying reactions in children
- Coping with grief
- Helping children cope with grief

Parenting Strategies:

- Tuning in to children's emotions and emotion coaching
- Managing behaviours
- Triggers and high risk times
- Building resilience
- Seeking more help

Available over the phone to parents who live in Victoria. For more information or to enrol, please contact the Positive Parenting Telephone Service at Gateway Health on...

1800 880 660