

Parenting information sessions - Term 4 2023

FREE 2 hour sessions - Bookings are essential

Adolescent Parenting	Raising Resilient Children (From the Triple P International)	Adolescent Parenting
For parents and carers of children aged between 10 and 17 years	For parents and carers of children aged between 2 and 12 years	For parents and carers of children aged between 10 and 17 years
This session will provide information on: <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	This session will provide information on: <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	This session will provide information on: <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
Monday 30th October 6.30pm - 8.30pm Baranduda Community Centre Click here to register	Monday 6th November 7pm -9pm Via Zoom Click here to register	Monday 13th November 4pm - 6pm Felltimber Community Centre Wodonga Click here to register