

# Parenting information sessions - Term 3 2022

2 hour sessions - Bookings are essential

<b>The Power of Positive Parenting</b> (From the Triple P International)	<b>Adolescent Parenting</b>	<b>Raising Resilient Children</b> (From the Triple P International)
For parents and carers of children aged between 2 and 12 years	For parents and carers of children aged between 12 and 17 years	For parents and carers of children aged between 2 and 12 years
This session will provide information on: <ul style="list-style-type: none"> <li>• Building strong relationships with children</li> <li>• Good communication</li> <li>• Teaching children new skills</li> <li>• Predictable routines</li> <li>• Focussing on the positives</li> <li>• Positive environments</li> <li>• Expectations of children</li> <li>• Balancing family life</li> </ul>	This session will provide information on: <ul style="list-style-type: none"> <li>• Development of teenagers - impacts and challenges</li> <li>• How you can support your teenager's emotions and help them build resilience</li> <li>• Connecting with your teenager</li> <li>• Helping to problem solve</li> <li>• Family values</li> </ul>	This session will provide information on: <ul style="list-style-type: none"> <li>• Recognising and accepting feelings</li> <li>• Expression of feelings</li> <li>• Building a positive outlook</li> <li>• Developing coping skills</li> <li>• Dealing with negative feelings</li> <li>• Stressful life events</li> </ul>
Tuesday 2 August 10am to 12pm Gateway Health 155 High Street Wodonga Rooms F11A & B	Tuesday 26 July 6pm to 8pm Online via Zoom (Link will be provided)	Thursday 28 July 7pm to 9pm Online via Zoom (Link will be provided)

To book your place contact Andrea on 0457 279 796  
 or email [parenting@gatewayhealth.org.au](mailto:parenting@gatewayhealth.org.au)