

# 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"> <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>	<p>This session will provide information on:</p> <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>	<p>This session will provide information on:</p> <ul style="list-style-type: none"> <li>• Tuning into your child's emotions to help manage behaviour</li> <li>• Learn about emotion coaching to help your child understand and regulate emotions</li> <li>• Help manage meltdowns</li> <li>• looking at child's brain development</li> </ul>
<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](mailto:parenting@gatewayhealth.org.au)