

The
Kidman
Centre



FREE WORKSHOP CALENDAR 2025

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents and caregivers with practice, evidence-based psychological strategies to help them navigate a range of life's challenges.

To register for a workshop please make sure to sign up:

[https://tinyurl.com/
KidmanParentWorkshops](https://tinyurl.com/KidmanParentWorkshops)



Call us
02 9514 4077

Email us
roanna.chan@uts.edu.au

The Kidman Centre UTS
Parkes 10 East
Prince of Wales Hospital
High Street
Randwick Sydney 2031

@thekidmancentreuts

WORKSHOP 1

Raising Resilient Kids: Helping Children Manage Anxiety

WHO IS THIS FOR: Parents and caregivers of children aged 6–12

DESCRIPTION: Learn how to support your child's anxiety using practical tools drawn from Cognitive Behavioural Therapy (CBT). This workshop explains the science behind anxiety and introduces strengths-based strategies that help children challenge unhelpful thinking and build brave behaviours.

TUES 27 MAY 2025 (6–7PM)

WORKSHOP 2

Teen Anxiety (Part 1): Understanding Worry and Thinking Traps

WHO IS THIS FOR: Parents and caregivers of teens aged 12–18

DESCRIPTION: Does your teen get stuck in their worries? In this first session of our two-part series, we unpack the science of anxiety and explore how to support teens using CBT-based strategies to manage worry, rumination, and unhelpful thinking patterns.

TUES 10 JUNE 2025 (6–7PM)

WORKSHOP 3

Teen Anxiety (Part 2): Building Confidence with Exposure Strategies

WHO IS THIS FOR: Parents and caregivers of teens aged 12–18

DESCRIPTION: Building on Part 1, this session focuses on how to support teens in facing their fears—like public speaking or social situations—using step-by-step exposure therapy techniques. Learn how to create an exposure hierarchy to reduce avoidance and build confidence.

WED 9 JULY 2025 (4–5PM)

WORKSHOP 4

Making Space for Anxiety: Tools from Acceptance and Commitment Therapy

WHO IS THIS FOR: Parents and caregivers of anxious children or teens

DESCRIPTION: This workshop introduces practical tools from Acceptance and Commitment Therapy (ACT) to help young people make room for anxiety, rather than fight it. We'll explore mindfulness, defusion strategies, and values-based actions that support emotional flexibility.

MON 4 AUG 2025 (6–7PM)

WORKSHOP 5

Body Calm: Relaxation Skills to Support Emotional Distress

WHO IS THIS FOR: Parents and caregivers of children and teens

DESCRIPTION: Does your child experience nausea, muscle tension, a racing heart, or other physiological signs of distress? This workshop explores body-based coping tools including progressive muscle relaxation, calming breath techniques, grounding skills, and mindfulness to help regulate the body's response to stress.

TUES 26 AUG 2025 (6–7PM)

The
Kidman
Centre



FREE WORKSHOP CALENDAR 2025

To register for a workshop please make
sure to sign up:

[https://tinyurl.com/
KidmanParentWorkshops](https://tinyurl.com/KidmanParentWorkshops)



Call us
02 9514 4077

Email us
roanna.chan@uts.edu.au

The Kidman Centre UTS
Parkes 10 East
Prince of Wales Hospital
High Street
Randwick Sydney 2031

@thekidmancentreuts

WORKSHOP 6

Tech-Smart Parenting: Creating Healthy Screen Time Habits

WHO IS THIS FOR: Parents and caregivers of children and teens

DESCRIPTION: Held during the school holidays, this workshop will help you develop balanced screen time routines with your kids. Learn how to create a family plan, understand common apps, and build healthier digital habits that support mental wellbeing.

TUES 16 SEPT 2025 (4–5PM)

WORKSHOP 7

Supporting Teens with Low Mood and Suicide Risk

WHO IS THIS FOR: Parents and caregivers of teens

DESCRIPTION: Learn how to support teens experiencing low mood and navigate conversations around suicide safely. This session explores the cycle of low mood and offers practical, evidence-based strategies for checking in, building connection, and opening difficult conversations with care.

WED 1 OCT 2025 (6–7PM)

WORKSHOP 8

Helping Teens with ADHD: Tools to Support Executive Functioning

WHO IS THIS FOR: Parents and caregivers of children and teens with ADHD

DESCRIPTION: Executive functioning plays a key role in ADHD. This workshop introduces practical tools used in therapy—like planners, visual timetables, verbal warnings, and scaffolds—to help teens improve organisation, focus, and independence.

TUES 11 NOV 2025 (6–7PM)

WORKSHOP 9

Putting It All Together: A Clinical Psychologist's Guide to Supporting Your Child

WHO IS THIS FOR: Parents and caregivers of children and teens

DESCRIPTION: Want to know how it all fits together? In this final session, a clinical psychologist shares five key evidence-based strategies to support children's emotional wellbeing—covering thoughts, feelings, behaviours, body signals, and the role of family connection.

TUE 2 DEC 2025 (6–7PM)