

PROGRAMS FOR PARENTS & CARERS



1 PARENTING CHILDREN WHO WORRY

Practical skills to help children manage their worries and develop a good understanding about worry and its common causes in children (any age)



2 BUILDING BONDS AND BOUNDARIES

Build practical skills to manage behavioural challenges & develop empathy (any age)



3 BRINGING UP GREAT KIDS

A reflective program to increase understanding of children's emotional development (age 0-10)



4 PARENTING AFTER SEPARATION

A course for reducing conflict and re-focusing on children's needs after separation (any age)



5 TUNING IN TO KIDS TUNING IN TO TEENS

SEMINARS & PROFESSIONAL DEVELOPMENT

A variety of excellent seminars and workshops for parents & professionals

- Bringing Calm to Anxiety
- Meltdown to Calmdown
- Tailor-made programs designed for your specific needs

PROGRAMS FOR CHILDREN & YOUNG PEOPLE

6 STAR EDUCATION PROGRAMS

STAR is a series of 3 specialised education programs for the whole class. STAR inspires positive relationships, mental health & well being. STAR develops emotional management, resilience and social management



7 GIRLS WITH ATTITUDE

A fun program for small groups. The program models positive attitude and develops self confidence in young people (best suited for teens).

8 SEASONS FOR CHANGE

A long standing program focusing on working through grief and loss issues with children (any age)



9 Colour' n' Chill mindfulness programs

A calming activity-based program teaching mindfulness and calming strategies children can use daily

Flexible delivery for clients - We enjoy outreach and we're happy to deliver quality group programs to your clients where it best suits them.