



ParentZone Term 2 2023

Parenting programs * Free of Charge * Bookings Essential

Dads Matter

A program for dads

Dates: Mondays (6 evening sessions)

1st May - 5th June 2023

Time: 7.00pm to 9.00pm

Venue: Online

A program for dads to better understand the importance of their role in the lives of their children

Bookings: [Click here to register](#) (limited places)

Enquiries: julia.russell@anglicarevic.org.au

Talking Teens

For parents of 12 to 18 year olds

Dates: Tuesday evenings (6 sessions)

2nd May - 6th June 2023

Time: 7.00pm to 9.00pm

Venue: Online

Learn why teens behave like they do. Discover strategies to deal with conflict, anxiety and improve your relationship with your young person

Bookings: [Click here to register](#) (limited places)

Enquiries: sharon.muir@anglicarevic.org.au

Emotion Focused Parenting

For parents of 5 to 12 year olds

Dates: Thursdays (6-afternoon sessions)

Thursdays - 11th May - 15th June

Time: 12.30pm - 2.30pm

Venue: Online

Learn strategies to help your child manage their emotions and develop resilience. Improve communication and work with their challenging behaviours. Improve relationships as an emotionally intelligent parent

Bookings: [Click here to register](#) (limited places)

Enquiries: sharon.muir@anglicarevic.org.au

Building Better Behaviour

For parents of 2 to 6 year olds

Dates: Mondays (6-afternoon sessions)

1st May - 5th June 2023

Time: 12:30 to 2:30pm

Venue: Online

Discover why young children behave the way they do. Help your children deal with uncomfortable feelings and deal with your own frustrations and anxiety as a parent.

Bookings: [Click here to register](#) (limited places)

Enquiries: sharon.muir@anglicarevic.org.au



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Living With ADHD/ADD

Dates: Mondays (6 evening sessions)

1st May -5th June 2023

Time: 7.00pm to 9.00pm

Venue: Online

Are you the parent or carer of a child who has ADHD/ADD? This free 5-week parenting program is an opportunity to ask questions about ADHD/ADD and consider a variety of approaches/strategies to help with parenting.

Bookings: [Click here to register](#) (limited places)

Enquiries: michelle.evansl@anglicarevic.org.au

Strengthening Parents Support Program

Strengthening Parents Support Program provides monthly face to face peer support groups and fortnightly online groups for parents and carers who are caring for a child with a disability or developmental delay (with or without a formal diagnosis)

Contact: Michelle on 0438646744

StrengtheningParentSupport@anglicarevic.org.au

Positive Conflict Resolution for parents of tweens and teens (single session)

Date: Monday 1st May 2023

Time: 7.00pm to 9.00pm

Venue: Online

Conflict is a normal part of family life. Discover how we can handle disagreements and improve relationships and family dynamics. This interactive session will present practical strategies for managing emotions, finding solutions and having challenging conversations with teens and pre-teens.

Bookings: [Click here to register](#) (limited places)

Enquiries: deborah.trengove@anglicarevic.org.au



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