

Parenting Programs

Child & Adolescent Parenting

WHAT'S ON IN TERM 3 - COURSES/WORKSHOPS FOR PARENTS/CARERS

Tuning in to Teens Course

Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.

- ★ Understanding teenagers today & communication skills
- ★ Emotional intelligence skills
- ★ How to prevent behaviour problems & conflict resolution

5 wks Chatswood 10/8 - 7/9 (7.00-9.30pm) Brookvale 11/8 - 8/9 (6.30-9.00pm)

Dealing with Teen's Backchat Workshop

- ★ Learn how to restore a respectful & positive relationship with your teenager
- ★ Understand what it is like being a teenager today
- ★ Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (3/8, 7.00-9.30pm)

Tuning in to Kids Course Chatswood (8/8 - 5/9)

Triple P Seminars Chatswood (11/8, 18/8 & 25/8)

Resilient Kids Workshop Chatswood (23/8)

Communicating with Kids Workshop (based on PET) Chatswood (12/9)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS 8877 5152

- ★ Dealing with Teen's Back Chat
- ★ Resilient Teens
- ★ Transition to High School
- ★ Triple P Seminar Series (Teens)

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

- ★ Understanding Your Toddler/Discipline & Tantrums
- ★ Older Sibling - New Baby
- ★ Tucker without Tantrums/Toilet Training
- ★ Transition to School
- ★ Speech & Language Development/Sleep
- ★ Grand Parenting
- ★ Triple P (PPP) Seminar Series (1-12 years)
- ★ Communicating with Kids

Enquiries: Child & Adolescent Parenting 8877 5152

www.nslhd.health.nsw.gov.au/services/CAP



Health
Northern Sydney
Local Health District

