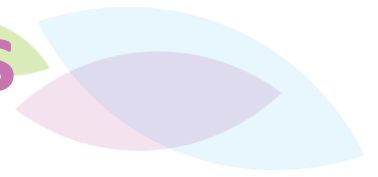


Parent Support Seminars

Term 4 2023



Family wellbeing: ways to reduce family conflict

- How to make the most of family time
- Using routines to support wellbeing
- Communication tips for building positive relationships
- Managing sibling flights and family conflict

When: Wednesday 25 October 2023

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential via

<https://www.trybooking.com/CLQJS>

Helping your child with their emotions

Developing emotional intelligence

- Understand why feelings matter
- Help children identify and manage their feelings
- Learn ways to develop your child's emotional skills

When: Wednesday 1 November 2023

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential via

<https://www.trybooking.com/CLQKJ>



Helping your anxious child

- Learn how anxiety can affect children
- What you can do to support your anxious child
- Helpful and unhelpful responses to your child's anxiety
- Where to go for further help

When: Wednesday 8 November 2023

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential via

<https://www.trybooking.com/CLQJL>

Phone: (03) 9430 9100 | **Email:** contact@healthability.org.au

Box Hill: 43 Carrington Road, Box Hill, VIC 3128

Eltham: 917 Main Road, Eltham, VIC 3095



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Building your child's resilience

- What is resilience?
- Where does resilience come from?
- Why is resilience important?
- How you can build resilience in your child
- Tips for building supportive relationships
- Tips for building confidence

When: Wednesday 15 November 2023

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential via

<https://www.trybooking.com/CLQJC>

Looking after ourselves as parents

NEW Parent Support Seminar

- Learn why self-care is so important
- Tips for mental wellness
- Strategies for boosting mood
- Other support available

When: Wednesday 22 November 2023

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential via

<https://www.trybooking.com/CLPWL>

Please note all of the above seminars will not be recorded.

For more information

Please contact Joan Lauricella, Family Support Worker at

joan.lauricella@healthability.org.au or phone **9430 9100**

Phone: (03) 9430 9100 | **Email:** contact@healthability.org.au

Box Hill: 43 Carrington Road, Box Hill, VIC 3128

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