

# RESTORING RESILIENCE

## WORKING WITH TEENS

### FOR PARENTS



Feel empowered with knowledge and effective powerful interventions to help your teen feel understood, safe and connected. Build a strengthened bond with your teen that supports healing, growth and resilience. If you are at home with your teens and need some support to help keep them and yourself calm in this unsettling period-in-time this program will be a huge support.

I am so excited about our programs. The results so far have been outstanding:  
*“Brilliant program. I am calmer, they are calmer. Learning to keep myself in check and contribute to the behaviour “*

**Pauley, October 2018**

Learn how to use a potent psychobiological approach toward understanding and modifying your teen’s behaviour.

This program provides psychoeducation regarding age and stage appropriate teen behaviour; it identifies 4 differing parenting styles and the impact of those on teens and helps parents develop the skill of emotion coaching. The program incorporates a group process format that provides parents with support, validation of their experience and information that participants have attested to as invaluable.

- Emotional intelligence supports kids to have more awareness, assertiveness and to be strong in challenging situations
- Trauma proof your kids, so they are less prone to emotional dis-regulation, mental health issues and substance abuse
- The group is facilitated by a highly experienced educator that is a Youth Counsellor, Family Therapist, Gestalt Therapy & Somatic Experience Practitioner, and Counselling Supervisor

#### Details:

**When:** 2 hours per week for 6 weeks 10-12am. Max 12 participants per group.

**Date:** April 28 & May 5, 12, 19, 26. June 2- 2020

**Who:** Parents, Foster Parents, Caregivers & Guardians

**Cost:** \$40 per session per person or couple (\$240 for all 6 sessions)

**Location:** Zoom

**Contact:** Phyllis Traficante 0412 306 965 or ptraficante@outlook.com for any inquiries and bookings