



2024 PARENT WEBINAR SERIES

EMPOWERING HEALTHY FAMILIES

PRACTICAL, ENGAGING & INCLUSIVE

TERM 2

23
MAY

Managing Anxiety and Other Big Feelings for Tweens

Practical ideas and strategies for understanding, and better supporting, your tween struggling with big feelings, including anxiety.

TERM 3

29
AUG

Reducing Chaos and Increasing Calm

Practical ideas and strategies for a calmer household. We'll explore mindfulness, communication and ways to foster a greater sense of family connection.

TERM 4

14
NOV

Tackling Tricky Conversations

Practical ideas and strategies to start and continue healthy conversations that are critical to your child's safety and wellbeing; including sexuality, pornography, self harm and suicide risk.

ACCESS TO ALL 3 WEBINARS:

\$750 ex GST (school size < 200)

\$950 ex GST (school size 200-400)

\$1150 ex GST (school size 400+)

- Parents can watch live or a replay
- Simple to access, the school shares a link and we take care of the registrations



Presented by Carley McGauran, Psychologist & Mum