

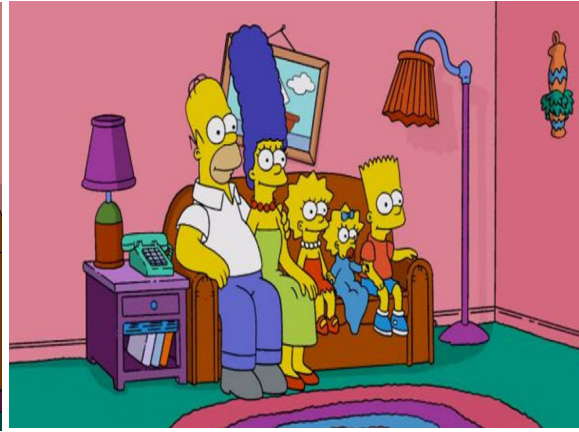


## Reflective Perspectives

# Calming the Covid Chaos

A workshop to help you to support the mental wellbeing of your children and yourself in these times of uncertainty

↓ When things look a bit like this but we'd really like them to be a bit more like this ↓



### Topics covered in this 90 minute workshop include:

- Why we are finding the pandemic so stressful - an easy to understand explanation of the neurobiology of the brain and how kids (and adults are wired)
- Remote learning - the good, the bad and the ugly and how to manage
- Helpful strategies to manage emotions in this ongoing uncertainty - both our children's and ours, in order to help things run a little more harmoniously
- Practical tips and tools to use with our children in times of emotional stress (for them and us!) and the return to school.

**Evening Session -Thursday August 12th at 7pm:** (open link in Google Chrome)

**Register Here:** <https://www.eventbrite.com.au/e/calming-covid-chaos-tickets-165702038257>

On the night enter the session via the link in the email sent to you from Eventbrite.

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# About the presenter

Robyn Hucker is an accredited mental health social worker with over 20 years experience in the Goulburn Valley. She has worked in a wide variety of settings including youth, rehabilitation, employment, disability and education. However for over 12 years she has worked in advanced clinical mental health settings working from birth to aged.

Robyn has particular specialist skills in:

- Treatment in high prevalence mood disorders (depression & anxiety)
- Mental health difficulties in the perinatal period both infant and parent
- Coaching and education to parents and educators regarding children with emerging behavioural disorders

Robyn has a passion for supporting parents to develop skills in enhancing their children's emotional wellbeing and reducing unhelpful behaviours. She honours the parents' existing wisdom about their children and works to build on this knowledge and see new and alternative perspectives in order to best support their children from infancy to teens. Helping parents to reflect on their own parenting and their children and see things from an alternate perspective - thus the creation of *Reflective Perspectives* .

Robyn is trained in a variety of evidence-based parenting programs including “Tuning Into Kids”; “Bringing Up Great Kids” and “Circle of Security”. Robyn's style is conversational and casual and is always open to questions / comments that help to illustrate the topics covered.

**To attend a free session register on Eventbrite [Link](#):**

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