

# What's On: Term 2

All programs are delivered by our qualified and passionate facilitators.

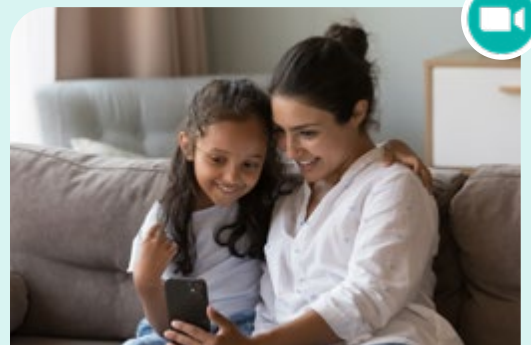
## Multi-Session Programs

### Tuning in to Teens | 6 Sessions, Mondays

For parents and carers with teens aged 12 and over

The teenage years are among the most challenging for parents to navigate. This program helps parents and carers to build strong relationships and ensure positive interactions with their teens - even in difficult times.

**FREE | Mondays, 22 April - 27 May | 10:00am - 12:00pm**  
**Online, via Zoom**



### Tuning in to Kids | 6 Sessions, Tuesdays

For parents and carers with kids aged under 12

Kids with emotional intelligence have better concentration, make friends more easily, and are better able to regulate emotions. In this program you'll learn to help your child understand and manage their feelings.

**FREE | Tuesdays, 23 April - 28 May | 10:30am - 12:30pm**  
**In-person, CatholicCare Victoria Bendigo**



## Single-Session Workshops

### Knowing your Teen

For parents and carers with kids aged 10+

This workshop aims to provide information, improve understanding, and explore strategies that focus on the strengths and challenges of this stage of development. Look at the latest research around teenage brain development and discuss peer relationships and tips for building and maintaining a positive relationship with your teenager.

**Thursday, 18 April | 5:30pm - 7:00pm**  
**Bendigo Library**  
**FREE | Registrations not necessary**



## Single-Session Workshops

### Tech Strategies for Families

For parents and carers with kids aged 0-10

Technology is a part of our reality, but setting boundaries around its use is not always easy. This workshop presents current research, helps you reflect on tech use in your family; considering both its challenges and opportunities and explores strategies that focus on creating a safe and healthy tech environment for your family.

**Wednesday, 22 May | 1:00pm - 2:30pm**

**Gisborne Library**

**FREE | Registrations not necessary**



### Building Resilience with Kids

For parents and carers with kids aged under 12

Resilience is the ability to cope with the ups and downs of life. Resilience is not just about managing current stresses, but also developing skills for dealing with challenges throughout life and enhancing mental health.

Learn to help kids develop skills, habits and attitudes for building resilience, including how to:

- build good relationships
- develop independence
- build confidence to face challenges
- manage strong emotions



**Wednesday, 1 May**

**9:00am - 11:00am**

**Quarry Hill Primary School, Bendigo**

**FREE | Register below**

**Tuesday, 21 May**

**1:00pm - 2:30pm**

**Bendigo Library**

**FREE | Registrations not necessary**

**Thursday, 23 May**

**10:30am - 11:30am**

**Boort Library**

**FREE | Registrations not necessary**



**Register online:**

**[www.catholiccarevic.org.au/register](http://www.catholiccarevic.org.au/register)**