



Reimagining Parenting in 2022

Online Parenting Workshops * Free of Charge * Bookings Essential

What's your Parenting Style?

Tuesday 11th January, 6:15 to 7:45 pm

Discover how your parenting style can influence family relationships, behaviour, and well-being.

Enquiries: Parentzone.southern@anglicarevic.org.au

Living with Autism

Wed 12th January, 10:00 am to 12:00 pm

Explore ways to support children living with Autism. Improve communication with your child.

Enquiries: Parentzone.eastern@anglicarevic.org.au

Emotion-Focused Parenting

Wed 12th January, 7:00 to 9:00 pm

Learn strategies to improve communication and develop your child's emotional intelligence.

Enquiries: Parentzone.eastern@anglicarevic.org.au

Improve your Family Routines

Thursday 13th January, 6:15 to 7:45 pm

Discover why routines are important and learn how to establish them with your children.

Tuesday 18th January, 6:15 to 7:45 pm

Routines take time to become habits. Explore ways to maintain routines in your family.

Enquiries: Parentzone.southern@anglicarevic.org.au

Dads Toolkit

Monday 17th January, 7:00 to 9:00 pm

Understand the important role of fathers in the lives of children. Discover parenting tips for dads.

Enquiries: Parentzone.eastern@anglicarevic.org.au

Peaceful Parenting

Wed 19th January, 10:00 am - 12:00 pm

Learn strategies to deal with anger and anxiety in yourself and your children aged 2 to 12 years

Enquiries: Parentzone.eastern@anglicarevic.org.au

Managing Change

Wed 19th January, 6:00 - 7:30 pm

What are the fears and worries of children aged 3-12 years? Discover how we can respond to change and strengthen our child's resilience

Enquiries: Parentzone.northern@anglicarevic.org.au

Raising Resilient Teens

Wed 19th January, 6:00 - 7:30 pm

Discover an evidence-based strategy to help your young person (aged 10-25) bounce back from adversity and better manage stress.

Enquiries: Parentzone.northern@anglicarevic.org.au

Manage your Self-Care

Thursday 20th January, 6:15 to 7:45 pm

Discover why self-care matters and discover new ways to make time for you a priority.

Enquiries: Parentzone.southern@anglicarevic.org.au

Setting Boundaries

Tuesday 25th January, 10:00 am to 12:00 pm

Learn how boundaries can support your child's wellbeing and discover ways to set better boundaries.

Enquiries: Parentzone.eastern@anglicarevic.org.au

[To Register Click Here](#)

PARENTZONE