



ParentZone Online Summer Sessions 2023

Online Parenting Workshops * Free of Charge * Bookings Essential



Connecting Through Play

Tuesday 10th January, 10:30am - 12:30pm

Do you want to connect with your child through child-led play?

Join us to talk with other parents, learn the importance of play and gain tips for connecting with your child!

Enquiries: Parentzone.gippsland@anglicarevic.org.au

Manage your Self-Care

Tuesday 10th January, 1:30 - 3:00 pm

Explore why self-care matters, way of prioritising "you time", and what other people do for self-care. Enquiries:

Parentzone.southern@anglicarevic.org.au

Living with Autism

Wednesday 11th January, 10:00 am to 12:00 pm

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

Enquiries: Parentzone.southern@anglicarevic.org.au

Risky Business

Tuesday 17th January, 10:30am - 12:30pm

Do you want to develop strategies to improve communication with your teens and help them make safe choices? Come along to this session to learn strategies, share stories and take some time out for you!

Enquiries: Parentzone.gippsland@anglicarevic.org.au

Helping Teens with their Anxiety

Tuesday 17th January, 7:00 - 9:00 pm

In this session, participants will explore common adolescent fears and worries, recognise physical and behavioural signs of anxiety and understand the role anxiety plays in our lives. A range of helpful strategies will be shared.

Enquiries: Parentzone.eastern@anglicarevic.org.au

School Refusal

**Tuesday 17th January, 7:00 to 8:30 pm and
Thursday 19th January, 2:00pm to 3:30 pm**

During this session you will come together to discuss reasons for school refusal, acknowledging feelings and exploring strategies that help school engagement.

Enquiries: Parentzone.southern@anglicarevic.org.au

Dealing with Anxiety

Wednesday 18th January, 10:00am - 12:00pm

During this session, participants will discuss the common fears and worries experienced by their young people and explore strategies to support them.

Enquiries: Parentzone.southern@anglicarevic.org.au

Dads Toolkit

Thursday 19th January, 7:00 - 9:00pm

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

Parentzone.eastern@anglicarevic.org.au

Getting Ready for School

Tuesday 24th January, 10:30am - 12:30pm

Develop strategies to support your child start school such as building resilience, emotional regulation, problem solving and different learning styles.

Enquiries: Parentzone.gippsland@anglicarevic.org.au

Emotion-Focused Parenting

Tuesday 24th January, 1:00 - 3:00 pm

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

Parentzone.eastern@anglicarevic.org.au

Setting Rules and Boundaries

Tuesday 24th January, 7:00 - 8:30 pm

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

Enquiries: Parentzone.southern@anglicarevic.org.au

Living with ADHD

Wednesday 25th January, 10:30 am to 12:00 pm

Explore ways to support children living with ADHD/ADD. Understand what ADHD/ADD is and how it can affect your child's learning and behaviour.

Enquiries: Parentzone.eastern@anglicarevic.org.au

[Click Here to Register for Sessions](#)



PARENTZONE