



**Parentshop**  
lifelong behaviour change

# No Scaredy Cats

**REDUCING ANXIETY & BUILDING RESILIENCE SKILLS IN 2-12 YEAR OLD CHILDREN**

## PARENT EDUCATION COURSE

**AT: SECOND VALLEY HALL, FINNIS VALE DRIVE, SECOND VALLEY.**

**AT: 6.30PM – 8.30PM**

**ON: 3 weeks program 21<sup>ST</sup> & 28<sup>TH</sup> OCTOBER & 4<sup>TH</sup> NOVEMBER**

## PARENTS WILL LEARN

- An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children's worries.
- Coverage of how some misguided policies are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.

## PARENTS RECEIVE

- A workbook to apply the concepts learnt to their families
- A certificate of completion

## WHO IS RUNNING THE COURSE

The course facilitator is: **Kerry Pomery**

who completed No Scaredy Cats practitioner training on **29th November 2019**

## REGISTER TODAY

Call Kerry Pomery on 8551 0553 or leave txt on 0439 824 812

Or join us by ZOOM. ID: 897 4853 97 PW: 010474

Parentshop has helped over 110,000 people. Our trainers are qualified professionals who are experienced in working with children, youth and families.

**JOIN OVER 12,500 PROFESSIONALS TRAINED BY US**

**This course is being facilitated by a Parentshop licenced practitioner**

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