WHAT’S ON IN TERM 4 – COURSES/WORKSHOPS FOR PARENTS/CARERS

Communicating with Teens Course
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
- Understanding teenagers today
- Problem ownership
- Listening skills
- Peer group pressure & self-esteem issues

Chatswood 5 wks/2.5hrs  (30/10 -27/11, 7.00-9.30pm)

Dealing with Teen’s Backchat Workshop
- Learn how to restore a respectful & positive relationship with your teenager
- Understand what it is like being a teenager today
- Learn how to talk so that they listen & how to listen so that they talk to you

Chatswood (23/10, 7.00-9.30pm)

Tuning in to Kids Course  – Chatswood (5/11–3/12)

Triple P (Positive Parenting Program) Course – Chatswood (18/10–29/11)

Communicating with Kids Course – Chatswood (24/10–28/11)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS - 9887 5830
- Dealing with Teen’s Back Chat
- Transition to High School
- Triple P Seminar Series (Teens)
- Resilient Kids
- Bully Busting Workshop

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)
- Understanding Your Toddler/Discipline & Tantrums
- Tucker without Tantrums/Toilet Training
- Speech & Language Development/Sleep
- Triple P (PPP) Seminar Series (1-12 years)
- Older Sibling – New Baby
- Transition to School
- Grand Parenting

Enquiries: Child & Adolescent Parenting  9887 5830