

# REGISTER NOW FOR TERM 4!

## Interactive ONLINE Parents Building Solutions Workshops

With over 20 years experience connecting with parents just like you, ParentZone provides supportive spaces for parents to share and learn together.

Register your interest through the QR code below and we will add you to the waitlist.

**All workshops are FREE!**

- *Building Resilient Kids*
- *Talking Teens*
- *Dads Do Matter*
- *How to Stop Yelling at you Kids*
- *Responding to anxiety in children*
- *Managing the use of Technology*
- *Encouraging Good Behaviours*



*Read more about each workshop on the next page.*

### **How to register?**

Complete Registration Form via **QR Code** or email  
[parentzone.southern@anglicarevic.org.au](mailto:parentzone.southern@anglicarevic.org.au)

For further information call 9781 6729



**PARENTZONE**

## **Our Parents Building Solutions program provides parents with evidence based strategies that WORK!**

All workshops are between 1.5 to 2 hours. Session dates and times will be confirmed prior to Term 4

### **Building Resilient Kids**

Join other parents/carers online to learn the skills of resilience. Discover strategies to help your child/ren bounce back from difficult situations.

### **Talking Teens**

Talking to Teens can be challenging. This workshop will assist you with skills and strategies that will improve communication and your relationship with your teen.

### **Dads Do Matter**

Calling all Dads! Come and join other Dads to share experiences, learn new strategies and explore solutions. Topics include; increasing your confidence and improving communication and closeness with your kids.

### **How to stop yelling at your kids!**

Tired of yelling? Join us for an interactive online session that will improve the way you communicate with your kids!

### **Responding to anxiety in children**

Come and share strategies and ideas to respond to anxiety in your children. Learn what the signs of anxiety are and how you can help your children at each age and stage.

### **Managing the use of Technology**

Are you worried your children are over doing their screen time? Do some social media apps and sites that kids use concern you? Come and share ideas and strategies to support healthy use of technology in families.

### **Encouraging Good Behaviours**

This interactive workshop will provide you with practical ideas to encourage the behaviours you want to see in your child.

