

## Term 1

### 2 Hour Parenting Information Sessions

<p><b>The Power of Positive Parenting</b> (From the Triple P International)</p> <p><i>For parents/carers of children aged between 2-12 years</i></p> <p><b>This 2-hour information session aims to provide information on</b></p> <ul style="list-style-type: none"> <li>• Building strong relationships with children</li> <li>• Good communication</li> <li>• Teaching children new skills</li> <li>• Predictable routines</li> <li>• Focusing on the positive's</li> <li>• Positive environment</li> <li>• Expectations of children</li> <li>• Balancing family life</li> </ul> <p><b>Wednesday 9<sup>th</sup> February</b> 1pm - 3 pm Gateway Health Wodonga G10 Training Room</p>	<p><b>Adolescent Parenting</b></p> <p><i>For parents and carers of children aged between 12—18 years</i></p> <p><b>This 2-hour information session aims to provide information on</b></p> <ul style="list-style-type: none"> <li>• Development of teenager's and it's impacts and challenges</li> <li>• How we can support your teenager's emotions and build resilience,</li> <li>• Connecting with your teenager</li> <li>• Helping to problem solve</li> <li>• Family values.</li> </ul> <p><b>Tuesday 15<sup>th</sup> February</b> 6.30pm - 8.30pm Gateway Health Wodonga G10 Training Room</p>	<p><b>Raising Resilient Children</b> (From the Triple P International)</p> <p><i>For parents/carers of children aged between 2-12 years</i></p> <p><b>This 2-hour information session aims to provide information on</b></p> <ul style="list-style-type: none"> <li>• Recognising and accepting feelings</li> <li>• Expression of feelings</li> <li>• Building a positive outlook</li> <li>• Developing coping skills</li> <li>• Dealing with negative feelings</li> <li>• Stressful life events</li> </ul> <p><b>Friday 18<sup>th</sup> February</b> 9.30am to 11.30am Gateway Health Wodonga G10 Training Room</p>	<p><b>'Hanging in there'</b> <b>Supporting our Children through Covid 19</b></p> <p><i>For parents/carers of primary school aged children</i></p> <p><b>This 2-hour information session aims to provide information on</b></p> <ul style="list-style-type: none"> <li>• How my child is feeling</li> <li>• Impacts on parents/carers</li> <li>• Challenges facing parents</li> <li>• What we can do to help and support your children</li> <li>• Building Resilience</li> <li>• Problem solving</li> <li>• How we can be emotionally available</li> </ul> <p><b>Tuesday 8<sup>th</sup> March</b> 12.30pm - 2.30pm Gateway Health Wodonga G10 Training Room</p>	<p><b>'Hanging in there'</b> <b>Supporting our Children through Covid 19</b></p> <p><i>For parents/carers of secondary school aged children</i></p> <p><b>This 2-hour information session aims to provide information on</b></p> <ul style="list-style-type: none"> <li>• How my teen is feeling</li> <li>• Impacts on parents/carers</li> <li>• Challenges facing parents</li> <li>• What we can do to help and support your teen</li> <li>• Building Resilience</li> <li>• Problem solving</li> <li>• How we can be emotionally available</li> </ul> <p><b>Tuesday 22<sup>nd</sup> March</b> 7pm - 9pm Via Zoom</p>
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***Bookings are essential***

Contact Andrea at Gateway Health on 0457 279 769 to book your place.