

# Free Community Workshops May 2020



In response to the COVID-19 pandemic, and based on direct feedback from school communities, the Family Life School Focused Youth Services (SFYS) program, with the support of Heartlinks, are offering a number of **FREE** workshops throughout Term Two.

Heartlinks' qualified and experienced facilitators have expertise in a range of areas and programs can be tailored to meet the needs and priorities of the participant group.

## The schedule of FREE workshops on offer is:

### COVID-19 Parenting

Parenting has always come with its own unique challenges and never more so than the present. Raise your own awareness and learn useful, practical strategies to parent during COVID 19. Addressing, amongst other issues, anxiety, home schooling and isolating at home. The aim of this workshop is to provide a safe forum for parents to learn about successful strategies and to gain an understanding of:

- challenges children may be experiencing
- possible responses by children during COVID-19
- the difference between worry and anxiety
- brain and child development
- strategies including 'grounding exercises' and 'body maps'

Monday May 11 - 12:30pm to 2:30pm

Monday May 11 - 4:00pm to 6:00pm



### Looking After YOU for Students

During these uncertain and unsettling times, it is now more important than ever to support your own wellbeing. This program presents a number of evidence informed approaches to help students in being able to identify strategies that work for them. This workshop will provide information about:

- what you can influence and what is within your control
- the role that stress plays in your life
- options to improve your wellbeing
- self-care strategies and that self care is not selfish
- how to implement change

Tuesday May 12 - 4:00pm to 6:00pm

Wednesday May 20 - 4:00pm to 6:00pm



**Numbers are limited so get in quick to secure your place.**

Email: [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au)

Phone: (03) 8599 5488.



## COVID-19 Teaching

*Teaching During Remote Learning and Beyond* - Along with the usual demands of teaching a wide cross-section of students within a classroom, teachers are now faced with distance learning and students who will likely be impacted in different ways by the onset and enduring nature of COVID-19. This session will support your understanding of some of the possible upcoming challenges and how best to approach them. This workshop offers:

- an exploration of historical and current challenges in this teaching environment for both teachers and students
- an examination of possible responses by children during COVID-19 including the influence of brain and child development
- strategies to use in response to challenging behaviour including co-regulation
- a safe space to discuss opportunities that have arisen and successful strategies used

Wednesday May 13 - 10:00am to 12:00pm

Wednesday May 13 - 4:00pm to 6:00pm

## Looking After YOU for Parents

During these uncertain and unsettling times, it is now more important than ever to support your own wellbeing. This program presents a number of evidence informed approaches to help parents in being able to identify strategies that work for them. This workshop will provide information about:

- what you can influence and what is within your control
- the role that stress plays in your life
- options to improve your wellbeing
- self-care strategies and that self care is not selfish
- how to implement change

Monday May 18 - 2:00pm to 4:00pm

Tuesday May 19 - 4:00pm to 6:00pm



## Looking After YOU for Teachers

Whilst managing the changing landscape of teaching, it is now more important than ever to support your own wellbeing. This program presents a number of evidence informed approaches to help teachers identify strategies that work for them. This workshop will provide information about:

- what you can influence and what is within your control
- the role that stress plays in your life
- options to improve your wellbeing
- self-care strategies and that self care is not selfish
- how to implement change

Wednesday May 20 - 12:00pm to 2:00pm

Monday May 25 - 4:00pm to 6:00pm

## How the workshops are delivered:

- all programs are customised to the needs of the program participants
- our facilitators are qualified and experienced practitioners
- all programs are delivered via a secure, online platform and can be accessed by participants from anywhere in Australia

**To secure your place in one or more of these FREE workshops, or to ask our team a question, contact**

Heartlinks at [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au) or on (03) 8599 5488.

Facebook: <https://www.facebook.com/heartlinksau>

Instagram: <https://www.instagram.com/heartlinksau>

