

Group Workshops and Training



Heartlinks is a social enterprise of Family Life, an NFP organisation with a 50 year history in delivering innovative community services programs and supporting local children and families to thrive.



We are passionate about sharing knowledge and expertise with individuals and organisations to further our vision of building stronger families and creating capable communities.

When you choose to attend a Heartlinks program, not only are you receiving quality training and support but you are also helping to support others in your community. All proceeds go towards funding Family Life's work with children, parents, families and individuals – resulting in a stronger, more resilient community.

Our qualified and experienced facilitators and trainers have expertise in a range of areas and programs are tailored to meet the needs and priorities of the participant group.

Our current programs include:

Group Workshops:

- **Looking After YOU for students, parents or teachers**
- 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 you in being able to identify strategies that work for you. A separate program is available for each group - students, parents and teachers.
- **COVID-19 Parenting - Parenting During Remote Learning** - 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 anxiety, home schooling, coping with isolation, and other issues.

- **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 ongoing COVID-19 environment. This session will support your understanding of some of the possible upcoming challenges and how best to approach them.
- **Parenting Programs** - We offer a variety of parenting programs to support you in improving your communication with your child and providing practical strategies that address parenting anxious and sensitive children, promoting resilience, age appropriate development and milestones, managing challenging behaviour and parenting adolescents
- **Safe on Screens - Keeping Young Children Safe Online** - It is never too early to instill good habits to help children develop digital intelligence — the social, emotional and practical skills needed to successfully navigate the digital world. Online activity can offer young children opportunities to learn through exploration, play and social interaction. However, there are risks involved. This seminar will give you insight into how best to keep them safe and healthy online.
- **Engaging Adolescents** - Gain a better understanding of your teen and learn valuable strategies and tools to become more effective in your communication to foster a stronger relationship with your teenager.
- **Map Your World** - A multi-platform project based program that utilises technology with students, enabling them to become 'change agents'. Students are supported to identify an issue within their community and then map, track and share their stories of change with each other and with the world, to improve the health and wellbeing of their own communities.



Professional Development Training:

- **Trauma Informed Practice** - Informed by the Neurosequential Model of Therapeutics (NMT) and drawing on a wide range of practice evidence, this training aims to develop and consolidate trauma knowledge and explore key approaches and strategies for response.
- **HERE4U** - This bystander intervention program offers organisations the opportunity to inform their employees and volunteers about community inclusion and gender equality with the view to reducing family violence.
- **Working with Fathers** - This program will equip you with skills to work more effectively with fathers who behave abusively to their current or former partner or children. Appropriate for practitioners and other support services staff working with families.
- **Identifying and Responding to Domestic Abuse** - Given reports of the increase in domestic abuse incidents globally, it is more important than ever to be able to identify and then respond to those affected by abuse in a professional, empathic manner that does not increase the risk to individuals. This program will provide a shared understanding of the drivers of abuse and strategies for how we can individually, and as a community, provide effective response in an effort to improve the safety of victim-survivors.
- **Looking After YOU for Teachers** - This program presents a number of evidence informed approaches to support teachers in being able to identify strategies that work for them in ensuring their wellbeing and positive mental health..
- **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.
- **Creating Capable Leaders** - Engages individuals to come together in an eight week skill building program, culminating in a collaborative effort to achieve a solution to a local issue.



How The Programs Work

- Group workshops are generally run over a number of sessions allowing participants the opportunity to consider what they have learned and apply it to their own lives. They are then able to bring their experiences back to the group and share their learnings.
- Training programs are generally held on one day - ranging from 2 hour sessions to a full day.
- All programs are customised to the needs of the program participants.
- Our facilitators are qualified and experienced practitioners.
- During COVID-19 all programs are delivered via secure, online platforms and can be accessed by participants from anywhere in Australia.

Do you have a specific need?

If you or your organisation has a specific need that is not met by one of our current programs, please do not hesitate to contact us. We are always developing new programs and if there is strong community interest we can schedule these sooner than planned.

Connect with us today:

heartlinks.com.au, heartlinks@familylife.com.au or phone (03) 8599 5488.

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

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

