

# Positive Parenting Workshops July and August 2020

Parenting during the COVID-19 pandemic has brought some unique challenges. Whether you're parenting big kids or little kids, our Positive Parenting workshops will support you to parent more effectively and achieve positive relationships, and a calm and happy home.



Whether your problems seem great or small, new or ingrained, our Positive Parenting workshops will offer practical advice to help you raise happy, resilient and confident children.

Each workshop is tailored to support parents and carers to learn simple and effective positive parenting skills for children at specific stages of development. The workshops are delivered over three weeks, in two hour sessions, giving you time to reflect, practise what you have learned and bring any questions back to the group.

Our qualified and experienced Heartlinks facilitators tailor the programs to meet the needs and particular concerns of each participant group, so you get the support you need for your family to thrive.

## Positive Parenting - The Early Years

**Age range 0 to 4**

Thursday July 9, July 16 and July 23

12:00pm to 2:00pm

Delivered online

[Book online here](#)

Parenting has always come with its own unique challenges and never more so than the present. Learn why positive interactions with your infant, and effective and positive communication with your toddler or preschooler will lead to a more resilient child and a strong family bond.

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

[Book online here](#)

For enquiries contact us via: Email: [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au) Phone: (03) 8599 5488.

## Positive Parenting - Child to PreTeen

**Age range 5 - 12**

Wednesday July 8, July 15 and July 22

1:00pm to 3:00pm

Delivered online

[Book online here](#)

Raise awareness of your own or your children's possible responses to the stress and worry that has come from living with COVID-19 restrictions and the many challenges it has brought with it. Learn about different parenting styles and the role of communication, compassion and 'sensitive parenting skills' in raising resilient children.

## Positive Parenting - Teen

**Age range 13 - 18**

Thursday August 13, August 20 and August 27

5:30pm to 7:30pm

Delivered online

[Book online here](#)

Learn how to support your teen to develop positive coping skills, build their resilience and navigate challenges constructively. Transform misunderstanding, exasperation and doubt into certainty, optimism and strength.

## The cost of each of these workshops is:

\$240 per person

\$400 per couple

\$210 concession

