

# Positive Parenting Workshops



*Transforming  
lives for stronger  
communities*

Whether you're parenting big kids or little kids, our Positive Parenting workshops, full of practical tools and advice, will support you to parent more effectively, achieve positive relationships and raise resilient 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 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.

## When:

Each of the parenting workshops is offered once every three months. The workshops are delivered over three weeks in two hour sessions.

## Where:

The workshops are delivered online or face to face at either our Frankston or Sandringham offices.

## How much:

**The cost of these workshops is:**

\$100 per person

\$180 per couple

\$80 concession

Book more than one workshop and receive a discount of 10%.



## Positive Parenting - The Early Years

### Age range 0 to 4

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.

## Positive Parenting - Child to PreTeen

### Age range 5 - 12

Raise awareness of your own or your children's possible responses to the stress and worry. 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

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.

## Want more information:

Call the Heartlinks program team on 8599 5488 or email us at [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au)

## To book online

Visit our website [heartlinks.com.au/workshops](http://heartlinks.com.au/workshops)