WHAT’S ON IN TERM 3 - COURSES/WORKSHOPS FOR PARENTS/CARERS

**Tuning in to Teens Course**
Skills to communicate with your teenagers so that you understand each other better & are able to build positive relationships.
- Understanding teenagers today & communication skills
- Emotional intelligence skills
- How to prevent behaviour problems & conflict resolution
5 wks  Chatswood 10/8 - 7/9 (7.00-9.30pm)  Brookvale 11/8 - 8/9 (6.30-9.00pm)

**Dealing with Teen’s Backchat Workshop**
- Learn how to restore a respectful & positive relationship with your teenager
- Understand what it is like being a teenager today
- Learn how to talk so that they listen & how to listen so that they talk to you
  Chatswood (3/8, 7.00-9.30pm)

**Tuning in to Kids Course**  Chatswood (8/8 - 5/9)
**Triple P Seminars**  Chatswood (11/8, 18/8 & 25/8)
**Resilient Kids Workshop**  Chatswood (23/8)
**Communicating with Kids Workshop** (based on PET)  Chatswood (12/9)

WORKSHOPS ON REQUEST FOR PARENTS/CARERS OF TEENS 8877 5152

- Dealing with Teen’s Back Chat
- Transition to High School
- Triple P Seminar Series (Teens)
- Resilient Teens

OTHER WORKSHOPS ON REQUEST (2-2.5 hours)

- Understanding Your Toddler/Discipline & Tantrums
- Tucker without Tantrums/Toilet Training
- Speech & Language Development/Sleep
- Triple P (PPP) Seminar Series (1-12 years)
- Older Sibling - New Baby
- Transition to School
- Grand Parenting
- Communicating with Kids

Enquiries: Child & Adolescent Parenting 8877 5152