

PARENT SEMINARS



Understanding Anxiety

Understanding Aggression

The Power of Connection



Monday 25th March

Monday 1st April

Monday 8th April

Anxiety has become very common amongst our children and can be extremely confusing for parents to know what to do - in fact we can become very anxious in trying to find something that is going to help. We will look at:

- what might be happening for the child
- possible causes
- strategies to help



Buy a \$15 Ticket

Sometimes it can feel like extreme aggression in children can erupt from nowhere - the smallest thing can lead to an outburst that often leaves adults feeling helpless in the midst of it all. Sandy will help you to regain your posture as the parent - and prove how you're the best answer for your child's development. We will look at:

- the sources of aggression
- what is happening underneath the behaviour
- strategies to help



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If only they would listen to me and do as I ask!! I really don't know how to get through to them!! Does this sound familiar?? Often we can try many ways to build deeper connection with our kids but sometimes it just doesn't seem to be working! We will look at:

- the importance of connections
- the barriers that stop connections
- strategies to help



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