



# FAMILY WELLBEING WORKSHOPS

## *Helping families thrive*



### **Hooked online - where do we draw the line?**

Technology can provide hours of entertainment and can aid in child development. But how much screen time is too much? This workshop is for parents wanting to know more about the benefits - and pitfalls - of technology and provides practical tips on managing their child's screen time. (Single session workshop)



### **Tuning into kids**

Helping our children to manage their emotions and behaviour is important for a child's wellbeing- at all stages of development. This parenting program helps mums and dads to build strong relationships with their children enabling families to communicate, even in difficult times. For parents with children under the age of 10. (Six-week program)



### **Tuning into teens**

The adolescent years are among the most challenging for parents to navigate. This program helps mums and dads to build strong relationships and ensure positive interactions with their teenager- even in difficult times. For parents with children over the age of 10. (Six-week program)



### **Stress Busters**

Helping children to manage their emotions is important for a child's wellbeing . This program helps primary school aged children to understand and manage their anxiety and anger. Outcomes include improved concentration at school and better relationships with family and friends. (Single session workshop or six-week program)



### **Connect - building strong relationships with your children**

The secret to happy, healthy, confident children is a closer connection with their parent. Bonding, being present, seeing things from their point of view, building trust; it takes time and hard work. This workshop teaches parents to recognise- and respond to- the signals that children make to connect with their parents. (Single session workshop)



### **Bringing up great kids**

This program- for parents with children under the age of 12- uses mindfulness and reflection to help parents examine and improve communication with their children. By building more respectful and positive interactions, parents can support their child's development and positive identity. (Single session workshop or six-week program)

All programs are free of charge and can be adapted for your school, community or health centre. Contact us to find out more.

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The Family Wellbeing Support Service is delivered in partnership with MacKillop Family Services and VICSEG