



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 children to manage their emotions is important for a child's wellbeing- helping them to concentrate better at school, make (and keep) friends, manage conflict, and self-regulate anger. This program is for parents with children under the age of 10 and will help parents to better understand- and manage- their child's emotions. (Six-week program)



Tuning into teens

Helping children to manage their emotions is important for a child's wellbeing- helping them to concentrate better at school, make (and keep) friends, manage conflict, and self-regulate anger. This program is for parents with children over the age of 10 and will help parents to better understand- and manage- their child's emotions. (Six-week program)



Peace in mind

Mindfulness is about being aware of your feelings and the space you are in. This fun and interactive workshop helps kids to focus on 'the moment', which can lead to improved attention, enhanced memory, better decision-making and self-regulation of emotions such as fear and anger. (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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www.ccam.org.au/fwss