A NEW group - exclusive to Gymworks' parents - in partnership with BEST Programs 4 Kids is starting in May:

"Managing ME (Mindset & Emotions) to Manage THEM (The Kids)"



This group program will develop and enrich your parenting skills. Practical strategies will empower you with emotional self-regulation skills in the heat of the moment to enhance resilience, increase your positive parenting-strategy toolkit, and grow your parenting happiness.

What we'll cover:

- A deep dive into your parenting style and how it impacts on managing the behaviour of your child(ren).
- Powerful Cognitive Behavioural Therapy (CBT) strategies for managing yourself and parenting your child(ren). No prior knowledge of CBT is required.
- Identifying your top three challenges as a parent and developing a toolkit of practical skills to deal with them.

What's required:

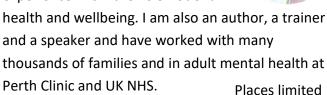
- 100% motivation to attend & actively engage in the recommended reading, in-between-session exercises/ reflections.
- Willingness to review your parenting 'style' and possible ways to enhance it together with your own emotional strength and resilience. This forum is not intended to deal with parenting conflict or the impact it might have on your relationship.

What you'll receive:

- An (online) initial individual consultation to get a picture of your parenting needs and issues.
- 6 x 90 minute sessions in a small group (8) teaching practical parenting skills and self-regulation strategies.
- 2 books: 'What to do About Feelings, Moods & all that stuff': Kids' & Parents' Guides, workshops & videos.

Hi, I'm Helen Davidson, your group facilitator.

I am an Occupational Therapist, Family Therapist and child and adolescent mental health clinician with 30 years' experience in children's emotional



All enquiries to Helen (NOT GYMWORKS)

Mobile: 0410 387 787 or

helen.davidson@bestprograms4kids.com

Group Schedule & Costs:

Saturday 3:30 pm - 5:00 pm

May 10, 17, 24 & June 7, 14, 21

OR

Wednesday 5:30 pm - 7:00 pm

May 14, 21, 28 & June 11, 18, 25

Cost: Group: \$550 per participant

See page 2 for inclusions, conditions, bookings NDIS/Medicare Mental Health Care Plan/ private health fund rebates.