

**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 health and wellbeing. I am also an author, a trainer and a speaker and have worked with many thousands of families and in adult mental health at Perth Clinic and UK NHS.



Places limited
Book here



**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.