

Parenting Programs

Parenting has never been easy, but it doesn't need to be impossible.

You can learn what's worked for others and use it to help both you and your kids to grow together. The below parenting programs have been developed to help with the different stages of your child's growth.

FREE
BOOKINGS
ARE ESSENTIAL



3 SESSION PROGRAMS

1-2-3 Magic & Emotion Coaching

Great for parents and carers of children 2-12 years old to learn how to manage emotions and difficult behaviour.

Engaging Adolescents

Good for parents and carers of adolescents 12 years and older to learn how to manage emotions and difficult behaviour.

No Scaredy Cats

Great for parents and carers to reduce anxiety and build resilience in children 2-12 years old.

7 SESSION PROGRAMS

Tuning in to Kids

Good for parents and carers of children aged 3-10 years to learn how to understand, connect with, and manage your child's emotions.

Tuning in to Teens

Great for parents and carers of adolescents aged 10-18 years to learn how to understand, connect with, and manage your teen's emotions.

Please see our website for list of available program dates.

Register via phone or website at anglicare-tas.org.au/parenting-courses

Each parenting program has been funded by the Australian Government Department of Social Services. Visit dss.gov.au for more information.

1800 243 232
anglicare-tas.org.au

 **Anglicare**TAS
Choice, support and hope