

# Parenting program

FACE-TO-FACE SESSIONS, CUSTOMISED TO YOUR NEEDS

This evidence-based program for parents and carers will help you gain new skills and confidence – enhance trust and improve connection and communication with your children and teens by:

- understanding and managing your own emotions
- improving communication with your child or teen
- better understanding your child or teen
- helping your child or teen learn to manage their emotions
- helping prevent behaviour problems in your child or teen
- teaching your child or teen to deal with conflict.

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## TUNING IN TO KIDS

Children communicate in a variety of different ways. Learn how to understand your child and improve communication and relationships within the family. These factors are important in enhancing children's social skills and resilience.

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## TUNING IN TO TEENS

After infancy, the brain's most dramatic growth occurs in adolescence. Learn how to assist your teens negotiate this challenging time, reduce conflict in your family and help your teen feel comfortable to talk to you about the challenges they face. These factors have been found to reduce the risk of future mental health and substance abuse problems.

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The parenting program will help you support the development of your child or teen's emotional intelligence so they can:

- have greater success in making friends and managing conflict
- concentrate better at school
- calm themselves when upset or angry
- manage change and challenges better
- be more aware, assertive and strong when facing peer pressure
- have more stable and satisfying relationships as adults.

2 x 1.5 hour sessions  
plus phone and  
email support

\$195 per person  
\$360 per couple

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Michelle Mott is an experienced counsellor who delivers the Be Centre parenting program.



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