

Parenting programs

FACE-TO-FACE SESSIONS, CUSTOMISED TO YOUR NEEDS

These evidence-based programs for parents and carers will help you gain new skills and confidence, enhance trust and improve connection and communication with your child by:

- better understanding your child
- understanding and managing your own emotions
- helping your child learn to manage their emotions
- helping prevent behaviour problems
- teaching your child to deal with conflict
- supporting the development of your child's self esteem.

CIRCLE OF SECURITY®

Learn how to foster secure attachment with your young child in this relationship-based program. Learn to better understand your child's needs, help your child in identifying and organising their emotions and support and enjoy with them their exploration of their world.

2 x 90 minute sessions

TUNING IN TO KIDS

This program aims to enhance the emotional connection between you, your child and your family. Learn how to understand your child's emotional world, nurture supportive and empathic communication and strengthen relationships within the family.

2 x 1.5 hour sessions

TUNING IN TO TEENS

This program focusses on helping you develop the skills to connect with your teen through this challenging stage of life. Learn how to create a supportive family environment and help your teen manage emotions, deal with conflict and feel comfortable talking with you.

2 x 1.5 hour sessions

individual and group sessions
phone and email support
flexible dates and times
home visits on request

\$195 per person
\$360 per couple

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



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