



# PARENTING WORKSHOP

## Building Emotional Skills with Your Children

*Helping children and teenagers with strong emotions is part of being a parent, however it doesn't always come easy. In this workshop you will learn strategies to help your child's emotional awareness, and strengthen their emotional regulation skills.*

*This workshop will provide you with a deeper understanding of your child's emotional needs and practical skills in how to co-regulate and problem solve together. In this workshop we will also discuss how to set limits and implement effective consequences whilst maintaining positive relationships with your children. The practical strategies are founded in neuroscience of emotional development and attachment theory, based on information from Daniel Hughes, Circle of Security and Daniel Siegel.*

**When:** 13 March 2021 9.00 am to 1.15pm morning tea provided

**Where:** Eton Place, 2 Eton Street, TOOWONG 4066

**Presenter:** Nicole Dorrington is a registered psychologist who has a vast experience in providing child and youth mental health education and training to a range of audiences including parents/carers, educators and medical/allied health practitioners. Nicole specialised in working with children, adolescents and their families. She has worked in Child and Youth Mental Health service for the past 8 years in various role; including Senior Psychologist and Professional Development Coordinator. Nicole is a certified Circle of Security trainer.

**Workshop Price:** \$450 for a carer or \$550 for two carer family.

Please speak with reception as rebates may be applicable through NDIS.

To register or find out more, phone us on **3736 1268** or email us at [reception@etonplace.com.au](mailto:reception@etonplace.com.au). Places are limited as COVID number restrictions apply.