

Dear Families

You're invited to participate in FREE community workshops run by the School Focused Youth Service Team from Bayside and Kingston- (part of the Family Life Cheltenham Service Centre)

In response to the COVID-19 pandemic and based on direct feedback from school communities, the Family Life School Focused Youth Services program, with the support of Heartlinks, are offering a number of FREE workshops during Term Two.

Heartlinks' qualified and experienced facilitators have expertise in a range of areas and programs can be tailored to meet the needs and priorities of the participant group.

Numbers are limited so get in quick to secure your place.

Email: heartlinks@familylife.com.au

Phone: (03) 8599 5488.

The schedule of FREE workshops on offer includes:

Monday May 11 - 12:30pm to 2:30pm

Monday May 11 - 4:00pm to 6:00pm

- *COVID-19 Parenting* - Parenting has always come with its own unique challenges and never more so than the present. Raise your own awareness and learn useful, practical strategies to parent during COVID 19, addressing, amongst other issues, anxiety, home schooling and isolating at home. The aim of this workshop is to provide a safe forum for parents to learn about successful strategies and to gain an understanding of the:
 - *Challenges children may be experiencing*
 - *Possible responses by children during COVID-19*
 - *Difference between worry and anxiety*
 - *Brain and child development*
 - *Strategies including Grounding exercises and Body maps*

Monday May 18 - 2:00pm to 4:00pm

Tuesday May 19 - 4:00pm to 6:00pm

- *Looking After YOU for parents* - During these uncertain and unsettling times, it is now more important than ever to support your own wellbeing. This program presents a number of evidence informed approaches to help parents in being able to identify strategies that work for them. This workshop will provide information about:
 - *What you can influence and what is within your control*
 - *The role that stress plays in your life*
 - *Options to improve your wellbeing*
 - *Self-care strategies and that self care is not selfish*
 - *How to implement change*

How The Workshops are delivered:

- All programs are customised to the needs of the program participants.
- Our facilitators are qualified and experienced practitioners.
- All programs are delivered via a secure, online platform and can be accessed by participants from anywhere in Australia.