



No Scaredy Cats Parent Course **Reducing anxiety and building resilience skills in 2 -12 year old's**

Wed 30th Oct, 6th & 13th Nov

OR

Tue 12th, 19th & 26th Nov,

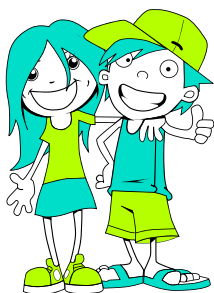
7- 9pm

Behaviour Tonics, 352D Cambridge St, Wembley (entrance off Simper).

\$180pp or \$340 for 2.

PARENTS WILL LEARN

- An overview of how a well-honed theory of parenting (what you need to repeatedly do) can assist parents to manage children's worries.
- Coverage of how some misguided policies are making parents and children more anxious.
- The brain, including how the pre-frontal middle cortex and the amygdala operate, and where fear and anxiety originates.
- Commonly misused phrases and cognitive distortions used by children and their peers.
- A helicopter view of what risks we can allow and which require us to keep children safe.
- 'Traps and trip wires': what to do when a child's amygdala starts to play-up.
- Memorable strengthening sayings, questioning strategies and mindfulness exercises.



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For more information about this workshop call (08) 9285 8100 or

(Register Online) at www.behaviourtonics.com.au