

RESTORING FAMILIES
PRESENTS

Restoring the Balance of Care: Navigating the Puzzle of Therapeutic Parenting!

GROUP A (INFANTS 0-5 YEARS)

Tuesday, 13th, 20th & 27th October 2020
10am-12pm

GROUP B (ADOLESCENCE 12-18 YEARS)

Thursday, 12th, 19th & 26th November 2020
6pm-8pm

GROUP C (CHILDHOOD 6-11 YEARS)

Thursday, 11th, 18th, 25th February 2021
10am-12pm

GROUP D (ADOLESCENCE 12-18 YEARS)

Tuesday, 16th, 23rd & 30th March 2021
6pm-8pm

Restoring Families provides trauma informed support and intervention to children and families. Kathryn and Lainie are Therapeutic Consultants with specialised training & postgraduate qualifications in Therapeutic Care, Developmental Trauma & Family Therapy.

**TO BOOK THIS ONLINE TRAINING EMAIL
DANDENONGADMIN@OZCHILD.ORG.AU
20 PARTICIPANTS PER SESSION**





Workshop Details:

SESSION 1: DEVELOPMENTAL TRAUMA: PUTTING THE PIECES TOGETHER

This workshop puts together the pieces of how relational trauma can change a child's inner world, including attachment, sense of self and ability to regulate emotions and behaviour.

You will be provided with a helpful framework for identifying and responding to the needs of children in your care.

SESSION 2: AGES AND STAGES OF THERAPEUTIC PARENTING

Taking a closer look at three stages of development:

Infancy (0-5 years),
Childhood (6-11 years) and
Adolescence (12-18 years).

Select which age group is most relevant to you.

You will be provided with a model for intervention and practical ideas that can be applied directly to the children in your care.

SESSION 3: RESTORING CARING

Carer health and wellbeing is essential! This final workshop explores the joys and challenges you may face, providing tools to identify the signs of blocked care and vicarious trauma. This session will focus on both prevention and recovery from these experiences and will address strategies for self-care.

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