



2022 PARENT WEBINAR SERIES

EMPOWERING HEALTHY FAMILIES

PRACTICAL, ENGAGING & INCLUSIVE

TERM 1

10
MAR

REDUCING CHAOS AND CONFLICT

Practical ideas and strategies to use communication as a pathway to minimise conflict and foster connection.

TERM 2

2
JUN

MANAGING ANXIETY & OTHER BIG FEELINGS

Practical ideas and strategies for understanding, and better supporting, your child struggling with big feelings, including anxiety.

TERM 3

18
AUG

MINDFULNESS & MEDITATION

Practical ideas and strategies for weaving mindfulness and meditation into daily family life to reduce chaos and increase calm.

TERM 4

17
NOV

TACKLING TRICKY CONVERSATIONS

Practical ideas and strategies to start and continue healthy conversations that are critical to your child's safety and wellbeing; including sexuality, pornography, self harm and suicide risk.

- Parents can watch live or on-demand replay (for 30 days following each event)
- Simple to access, the school shares a link & we take care of the registrations
- We provide promo material to share each session via newsletters etc.

Presented by
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Psychologist & Mum



Inform & Empower

Promoting Healthy School Communities

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