









| WEBINAR TITLE | PROVIDER | DATE | TIME | TRYBOOKING LINK | TRYBOOKING QR CODE | PLATFORM |
|---|--------------------------------|--------------------------|---------------|---|--|---|
| Helping your teen Launch! Strategies for supporting the transition into young adulthood | The Human Development Workshop | Wed June 1 st | 7:30pm-8:30pm | https://www.trybooking.com/BZLRX |  | YARRA RANGES (Natasha's) ZOOM Meeting created Link sent at time of registration |
| Post-Covid Positive: Resilience, anxiety and wellbeing in the 'new normal' | The Human Development Workshop | Wed June 8 th | 7:30pm-8:30pm | https://www.trybooking.com/BZLTB |  | YARRA RANGES (Natasha's) ZOOM Meeting created Link sent at time of registration |

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| Demystifying Brain, Behaviour and Trauma | Building Better Brains | Thurs June 9 th | 7:30pm- 9:00pm | https://www.trybooking.com/BZLTM |  | YARRA RANGES (Natasha's) ZOOM Meeting created Link sent at time of registration |
| Social Media - Parent Support Webinar | Project Rockit | Tues June 14 th | 7:30pm- 8:45pm | https://www.trybooking.com/BZLTU |  | PROJECT ROCKIT SPECIFIC PLATFORM |
| We are Family – How families, parents and communities can be awesome allies for gender and sexually diverse teenagers | Dr. Kate Barrelle, STREAT | Wed June 15 th | 7:00pm- 8:30pm | https://www.trybooking.com/BZLTZ |  | YARRA RANGES (Natasha's) ZOOM Meeting created Link sent at time of registration |

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| Taming the Tiger | Building Better Brains | Mon June 20 th | 7:30pm- 9:00pm | https://www.trybooking.com/BZLUH |  | YARRA RANGES (Natasha's) ZOOM Meeting created Link sent at time of registration |
| Connection Based Parenting | Building Better Brains | Thurs June 23 rd | 7:30pm- 9:00pm | https://www.trybooking.com/BZLUJ |  | YARRA RANGES (Natasha's) ZOOM Meeting created Link sent at time of registration |
| Taming the Technology | The Human Development Workshop | Mon June 27 th | 7:30pm- 8:30pm | https://www.trybooking.com/BZLUN |  | YARRA RANGES (Natasha's) ZOOM Meeting created Link sent at time of registration |

Helping Your Teen *Launch!* Strategies for supporting the transition into young adulthood.

THE HUMAN DEVELOPMENT WORKSHOP

This forum will focus on strategies, practical steps and supports for helping our teens launch into adulthood as they finish secondary school and move into young adult life. Concepts explored will include:

- Helping teens develop their sense of purpose and identity
- What is 'adulting'? A focus on the positives of independence
- How to create meaningful rites of passage in the 'new normal'
- The role of parents/carers as a safety net
- Building resilience, responsibility and independence step-by-step

Pre-Covid Positive: Resilience, anxiety and wellbeing in the 'new normal'

THE HUMAN DEVELOPMENT WORKSHOP

There is a lot of doom and gloom about at the moment about how our children are managing post-lockdown. The good news is that resilience is a skill that can be taught and encouraged and an essential ingredient in helping our children manage anxiety and become optimistic. This forum will look at:

- What we know about how children are feeling after the last two years and lockdown
- Strategies for promoting optimism and resilience and managing anxieties
- Resources online and in our community which can support families adjust in the 'new normal'
- Parenting strategies for communication, family cohesion and wellbeing

Demystifying Brain, Behaviour and Trauma

BUILDING BETTER BRAINS

Learn how stress and trauma impact the brain and behaviour, regulation capacity and relationships. Explore practical ideas that can help restore regulation, calm, safety and connection to your family and help process the traumatic events.

Parent Support Webinar

PROJECT ROCKIT

This webinar will cover:

- Supporting young people to take action against cyberbullying and to promote healthy online use
- Insight into the opportunities and risks of young people being online
- An overview of popular social media platforms
- Proactive and reactive strategies to share with young people

We are Family – How families, parents and communities can be awesome allies for gender and sexually diverse teenagers

STREAT

Come to this fun and engaging online webinar and gain the skills and confidence to become an ally for all LGBTQIA+ young people. Discover why toilets and pronouns literally save lives. Understand how simple words and actions of an ally can make a difference to teenagers. This webinar is for all families and members of community who want to be part of the village that raises healthy young adults. This webinar will cover the following topics:

- Sex, gender and sexuality – what’s the difference?
- What’s the big deal?
- Toilets and pronouns
- OK, so how do I talk about this stuff?
- How can I make a difference?
- Resources and more info.

Taming the Tiger

BUILDING BETTER BRAINS

Anger is a natural human emotion to stress or fear. It functions to alert, inform and prepare us for action. Learn how to identify the emotional triggers in yourself and your family that lead to anger, understand the science and function of emotions, explore coping skills, resourcing, effective communication and learn practical tools and techniques to help restore calm and emotional health to your family.

Connection Based Parenting

BUILDING BETTER BRAINS

How to build better brains and relationships for all ages. Learn what connections are essential for building resilient, confident and emotionally intelligent brains and how to use games, play and connection to help regulate your child’s stress and anxiety responses. Participants will find new ways to support challenging behaviour and increase family fun.

Taming the Technology

THE HUMAN DEVELOPMENT WORKSHOP

If you sometimes feel like your child’s device has become an extension of their body, had an argument about how much time they spend online or just had concerns about what they’re accessing then you are in the majority of Australian parents/carers who feel exactly the same way!

Sometimes understanding children’s and teen’s online behaviour can feel overwhelming, but it can be managed! This forum provides *essential* information and resources for protecting children online, understanding online behaviours and finding new ways to communicate with them about technology.