

Parenting Anxious Teens & Tweens

For parents of Intermediate and College students.

PROGRAMME:

- Learn more about the causes, patterns and affects of anxiety in your tween or teen. Develop practical skills and strategies that you can use in the home to support their journey to overcome and outsmart anxiety. Learn how anxiety works, what keeps it going, and how it can be interrupted and replaced with balanced thoughts, thereby increasing wellbeing.
- Meet other parents who share some of your concerns. Feel supported by the group and facilitator.
- Approaches include CBT, Mindfulness, DBT skills, Narrative, and practical parenting tips and techniques.



DETAILS

4 Weeks

Sunday, 21 May - 11 June

1pm to 2.30pm

Norman King Community Hub

65 Pearn Crescent, Northcote

ABOUT JULIE WALKER



I am a qualified Counsellor and I hold a BHSc in Psychology (First Class Hons), and a Post Grad Dip in Narrative Therapy. My key areas of therapeutic interest lie with those experiencing anxiety, stress, depression, or loss, and I have a particular interest in the helpfulness of group work for these concerns. The modalities I use for therapy are varied, and include CBT, narrative therapy, person-centred therapy, mindfulness, and DBT.

COST



FREE

(Funded by John Illot Charitable Trust)

For more information or to book, please contact [Raeburn House](#):

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