MINDFUL PARENTING

A 25 week program for parents living with "distress, insecurity, impulsiveness, confusion and black & white thinking".

Structure of Program

Parents attend:

1 Individual meeting to talk about the program

3 group sessions learning core DBT skills

10 individual sessions of Dialectical Behaviour Therapy (DBT) with Psychologist

Another 3 group sessions on DBT and Parenting

7 weeks of Circle of Security, Tuning in to Kids or Tuning in to Teens
Parenting group program (dependant on children's ages)

1 final mindful parenting group session

Child care and transport can be provided.

The program is free.

To participate parents will need to see their GP for a Mental Health Treatment Plan and have an individual caseworker.

Each program is limited to 6 participants. Caseworker to phone 49874674 to book in.





