

## Groups in the Community

### Managing Your Mood Skill Group- for Adolescents



Lifeline is offering a **FREE** Dialectical Behaviour Therapy (DBT) group for teenagers between the ages of 13 and 17 who have a mild to moderate mental health concern. The group covers the following components over 16 weeks:

- **Mindfulness skills** – to stay focused on the present moment
- **Emotion Regulation skills** – to deal with intense negative emotions and develop emotional coping strategies
- **Distress Tolerance skills** – to effectively deal with painful emotions and situations
- **Interpersonal Effectiveness skills** – for assertive communication and building relationships

There are groups running across these dates and areas:

- Thursdays 5.30-7.30pm 22 February LLBN Balgowlah
- Thursdays 4-6pm 22 February KYDS Lindfield
- Mondays 4-6pm 12 March KYDS Hornsby

The program is free, but you will need a referral from your GP. You can find further information [here](#).

### Tuning in to Teens- for Parents



Tuning in to Teens is a parenting program that focuses on emotions and is designed to assist parents to establish stronger relationships with their teenage children. It further aims to improve parent's emotional awareness, regulation and communication style and provide them with an opportunity to reflect on their own emotion socialisation experience. Tuning in to Teens aims to prevent problems developing and enhance emotional and behavioural functioning.

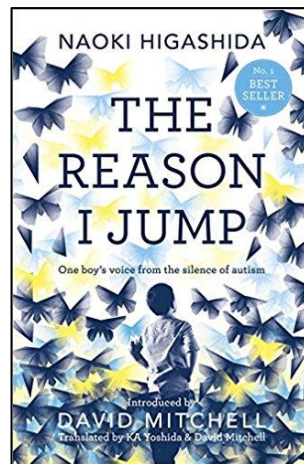
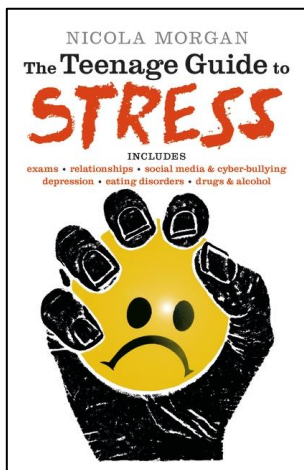
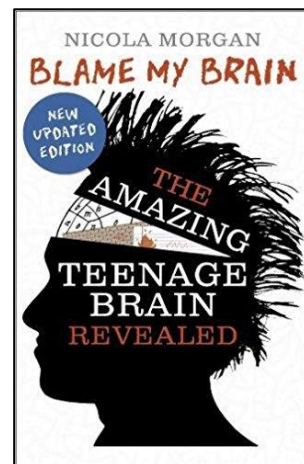
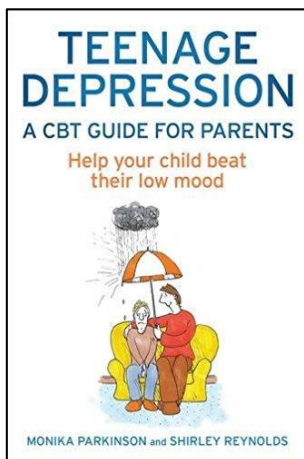
The course runs weekly for 5 sessions starting on Tuesday 6th March and ending on the 3rd April from 6.30pm to 9pm at Chatswood Community Health Centre. It will also be run weekly from Wednesday the 14<sup>th</sup> of March to the 11<sup>th</sup> of April from 6.30pm to 9pm at Headspace Brookvale. The cost is \$150.

This program is suitable for parents of children aged 10 years old and over. The course will be facilitated by a qualified Parent Educator from Child and Adolescent Parenting, Northern Sydney Local Health District

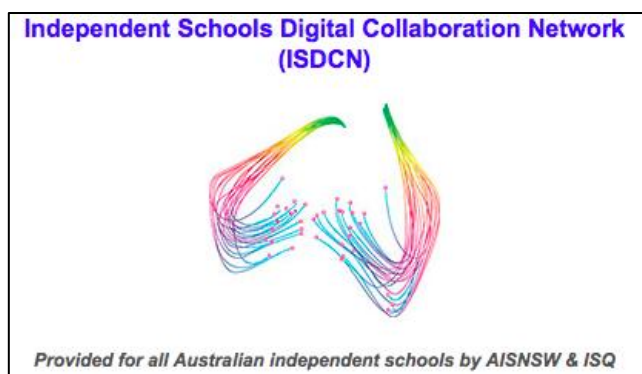
You can find further information and book [here](#).

### Books available in the Resources Centre

The following books are available to borrow in the Resources Centre. They are just a few examples of the books available. These books are a fantastic way for young people, teachers and parents to be more informed about mental health and are a way to help develop the skills to manage difficulties.



## Wellbeing Webinar Program



The Independent Schools Digital Collaboration Network (ISDCN) has a fantastic schedule of parent/teacher webinars organised for 2018. The webinars are free and they involve no registration. Through the ISDCN Parent Webinar Program, parents can access a wealth of information to help them understand and respond to the complex range of issues associated with raising children, as well as experts ready to help arm them with well-researched strategies and considered advice. Parents simply click on a provided link at the advertised time (typically 7.30pm to 8.15pm on a week night).

The following webinars have been scheduled:

- **1 March 2018**  
It's time we talked AGAIN: Pornography, young people and sexuality today  
Maree Crabbe- click [here](#).
- **17 May 2018**  
Adolescent Sleep and Well Being  
Hayley Dohnt- click [here](#).
- **6 June 2018**  
Mental Fitness for Families  
Dr Paula Robinson- click [here](#).

In addition, past sessions are also available [here](#). They include:

- Building body confident kids: Sarah McMahon
- Internet safety for parents – your children and the web: Brett Lee (INESS)
- Developing resilience in your child – helping your child to bounce back: Dr Toni Noble
- Preventing bullying to enhance children's and adolescents' brain development: Prof Donna Cross
- Social and legal responsibilities online: Brett Lee (INESS)
- Helping your child thrive – at school and in life: Dr Justin Coulsen
- Student mental health and technology: Dr Michael Carr-Gregg
- Teenagers, alcohol & other drugs 2016 – how much influence do parents really have? Paul Dillon (DARTA)
- Solution focused approaches to anxiety – a toolkit for parents: Lyn Worsley (Resilience Centre)



The HSC is a significant stressor and source of pressure for students, often impacting self-care, healthy sleep patterns, general and emotional health.

Based on the Study Without Stress Program developed by Macquarie University, this workshop offers education about stress and aims to assist students to develop practical skills to assist them in their final years of high school.

This workshop series covers the following topics across a 6 week period:

1. Group Intro & Psychoeducation about Stress
2. Recognising unhelpful thoughts & Study/Life balance
3. Relaxation & Thought Challenging
4. Procrastination & Perfectionism
5. Problem-Solving & Preparation for Exams
6. Skills Review and Relapse Prevention

By the end of this workshop we want to equip you with the skills to manage stress so that you have the capacity to reach your potential not only in the HSC, but also in your life beyond school.

WHAT YOU NEED TO KNOW...

In Term 2 this workshop will run for 6 consecutive Tuesdays each week, with each workshop running for 1.5 hours.

**Facilitator:**

Courtney Smith (Clinical Psychology Registrar)

**Investment:**

\$450 (Includes Student Workbook)  
Medicare rebates may apply

**Where:**

Core Psychology  
Level 1, Cnr Pittwater Rd & Victoria Rd Gladesville (above the kebab shop)  
(Entrance on Pittwater Rd, the Blue door)

**Dates of Workshops: 5.30 – 7pm**

Tuesday 8th May 2018  
Tuesday 15th May 2018  
Tuesday 22nd May 2018  
Tuesday 29th May 2018  
Tuesday 5th June 2018  
Tuesday 12th June 2018

**Contact Core Psychology to book**

(places are limited)

**PH: 9817 1993**

Email: [reception@corepsychology.com.au](mailto:reception@corepsychology.com.au)