

Parenting Courses

Group program dates 2024

Our affordable courses help make the complex and sometimes challenging job of parenting easier.

Tuning into Kids - 6 sessions

Learn to teach children how to understand and regulate their emotions.

6 February to 12 March

Tuesdays 5.30pm - 8:30pm

13 August to 17 September

Tuesdays 9am to 12pm

Tuning in to Kids for Dads - 7 sessions

Learn ways to better connect with children, help them cope with feelings and support them to learn social and emotional skills.

1 August to 12 September

Thursdays 5.30pm - 7:30pm

Tuning into Teens - 6 sessions

Teaches practical ways to develop better relationships with teens by understanding and connecting with their emotions.

22 October to 26 November

Tuesdays 5.30pm - 8:30pm

All sessions held at Anglicare NT, 5 Namarluk Drive, Ludmilla. Each class costs \$10 per session.

For more information contact Resolve on **8946 4800** or email resolveintake@anglicare-nt.org.au

