

The  
Kidman  
Centre

# FREE WORKSHOP CALENDAR 2024

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents/caregivers and teens with practical, evidence-based psychological strategies to help them navigate a range of life's challenges.

Workshops will be run either in clinic or online depending on registration numbers and preferences.

To register for a workshop or ask questions please apply here:  
<https://tinyurl.com/workshopTKC>



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 @thekidmancentreuts



## WORKSHOP 1

### **Raising Resilient Children: A Parent's Guide to Nurturing Confidence and Easing Childhood Anxiety**

**WHO IS THIS FOR:** All parents and caregivers of children aged **6-12** years.  
**DESCRIPTION:** This practical strengths-based workshop provides tools to support childhood anxiety. We will explain the science of anxiety, and how to challenge worried thoughts and encourage brave behaviours.

**TUES 20 FEBRUARY 2024 (6-7PM)**

## WORKSHOP 2

### **Calming the Storm: Empowering Parents to Support Teen Anxiety**

**WHO IS THIS FOR:** All parents and caregivers of teenagers aged **12-18** years.  
**DESCRIPTION:** This workshop provides Cognitive Behavioural Therapy (CBT) tools to support teenage anxiety. We will explore the science of anxiety and stress, how to start healthy conversation about worries and provide the tools to challenge anxious thinking and encourage the development of problem-solving skills.

**WED 6 MARCH 2024 (6-7PM)**

## WORKSHOP 3

### **Nurturing Neurodivergence: Supporting Children with Autism (ASD) and Attention Deficit Hyperactivity Disorder (ADHD)**

**WHO IS THIS FOR:** Anyone interested in supporting neurodivergent children.  
**DESCRIPTION:** This workshop aims to provide an introduction on how to parent a child with ASD or ADHD in a strengths-based way. We will explore how to discuss neurodiversity with your child, siblings, family members or teachers as well as the importance of maintaining parent self-care. This workshop will include time for discussion and sharing.

**TUES 10 APRIL 2024 (6-7PM)**

## WORKSHOP 4

### **Inside Out- Teen Edition: How to understand your emotions and build emotional intelligence**

**WHO IS THIS FOR:** Young people aged **13-21**.  
**DESCRIPTION:** Did you know emotional intelligence (EQ) is a bigger predictor of success than academic intelligence (IQ)? This workshop for young people covers the skills needed to build emotional intelligence. We'll explain what emotions are, the purpose for them and simple tips on how to understand and manage them better. This workshop will be fun and interactive with practical strategies you can start using immediately. Bring your friends!

**TUES 7 MAY 2024 (6-7PM)**

## WORKSHOP 5

### **Screen Smart Parenting: Navigating the Digital World Together**

**WHO IS THIS FOR:** All parents and caregivers of children and teens **6-18** years.  
**DESCRIPTION:** This practical workshop provides an overview of the most popular social media, entertainment, and gaming platforms your child may be using. We will explore how to set up healthy boundaries with technology at home as well as the apps and technology you can use to monitor your child or teen's usage to keep them safe in a rapidly changing technological world.

**MON 24 JUNE 2024 (6-7PM)**