



Parent Power-up



**BUILDING BONDS,
BOOSTING WELLBEING**

LIVE WEBINAR SERIES



2025

Feb 19	CULTIVATING PARENT/CHILD CONNECTION IN EVERY DAY MOMENTS With Katie Cohen	7-8PM
March 06	PARENTS, WHAT'S REALLY IN YOUR EMOTIONAL BACKPACK? (GRIEF & PARENTING WORKSHOP) With Ghulam Fernandes	7:30-9PM
April 09	MENSTRUAL CYCLE MAGIC: LEARN THE SECRETS OF CYCLE-SAVVY PARENTING With Lisa Higgins	6:30-7:30PM
April 24	EMBRACE IMPERFECTION: BUILDING SELF-COMPASSION AND STRONGER CONNECTIONS WITH YOUR CHILDREN With Dr April Ward	7:30-9PM
May 08	FINDING STRENGTH & HOPE: COPING STRATEGIES WHEN YOUR CHILD IS SERIOUSLY ILL With Kate Munday-Hoctor	6:30-8PM
June 11	INTRODUCTION TO ACCEPTANCE COMMITMENT THERAPY With Dr Liz Gilbert	6-7PM
July 15	FAMILY YOGA AND BREATHWORK TO BRING CALM TO THE SUMMER BREAK With Caroline Garland	7-8PM



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Sep 18	SUPPORTING YOUR CHILD EXPERIENCING EMOTIONALLY-BASED SCHOOL AVOIDANCE With Danielle Lee	7-8:30PM
Sep 24	COLOURFUL CONFIDENCE: EMPOWERING PARENTS WITH COLOUR & MINDSET With Arabella Duffill & Alex King	7-8PM
Oct 09	PRE- AND POST-NATAL WELLBEING With Jasmine Hawkins	7-8PM
Oct 28	NAVIGATING STRESS AND ANXIETY FOR YOU AND YOUR TEEN With Holly Sutcliffe	7-8:30PM



BUILD BONDS, BOOST WELLBEING & EMPOWER & NURTURE YOUR PARENT-CHILD CONNECTIONS.

Parent wellbeing means child wellbeing. Book a space on one or more of our live, online parent webinars [here](#), and power-up your parent skills, knowledge and wellbeing.

BOOK NOW >>

DELIVERED BY A RANGE OF ENGAGING & SUPPORTIVE EXPERT PRACTITIONERS