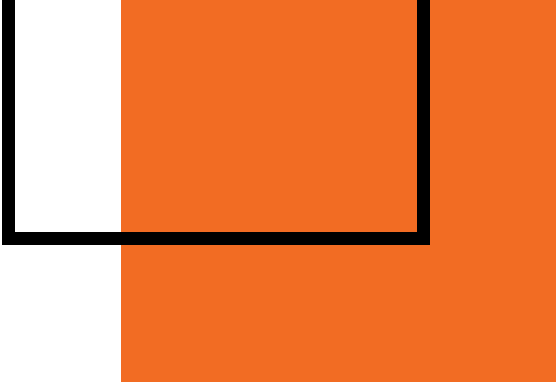




**A 2-HOUR WORKSHOP
AIMED AT DEVELOPING
COMMUNICATION SKILLS
FOR FAMILIES**

CONNECTED CONVERSATIONS

**PARENT&CARERS/TEEN
WORKSHOP**



- **EXPLORE THINKING STYLES AND HOW THEY CAN INCREASE THE CHANCE OF CONFLICT**
- **EXPLORE FLEXIBLE THINKING AND HOW THIS CAN ASSIST US IN COMMUNICATION**
- **LEARN THE CRITICAL SKILL OF VALIDATION**



Tuesday 27th June 2024

2:30-4:30 PM

**Hedley Beare Centre for Teaching
and Learning**

For students in Years 7-10





Connected Conversations

WHAT IS THE CONNECTED CONVERSATIONS WORKSHOP?

Connected Conversations is a workshop aimed at helping teenagers and their parents/carers strengthen their skills in communicating with each other in an effective way. The skills taught in the program promote flexible and empathic communication. All skills are based on a therapeutic framework called Dialectical Behaviour Therapy.

WHAT DOES THE WORKSHOP INVOLVE?

Connected Conversations is a 2-hour workshop facilitated by school psychologists. Activities are based on evidence-based therapeutic approaches and are designed to be engaging and interactive. Parent/carers and their teens will actively practise the skills covered and there is an opportunity to take home material.

WHO IS THE WORKSHOP FOR?

Connected conversations is aimed at students and or families experiencing low to moderate levels of distress. This includes families who may be struggling with sadness, frustration or anxiety in or around their communication. This workshop is made to be useful for all members of a family.

HOW WILL INFORMATION BE SHARED?

General information about the program will be communicated with key staff in the school, as well as parents and/or caregivers.

Should facilitators become concerned about your safety or well-being parents/carers will be advised, and the relevant key school staff may also be notified. The facilitators will assist you and your family to identify the appropriate next steps in gaining support.

Brief file notes regarding your involvement in the program may be recorded, stored securely and placed on an electronic student counselling file with restricted access.

