

Southern Tasmania

Parenting Programs



Parenting is one of life's most rewarding jobs but it often doesn't feel easy.

Rediscover the joy of parenting as you learn evidence-based strategies that have worked for others and use it to help both you and your kids to grow together.' These parenting programs have been developed to help with the different stages of your child's growth.

6 session programs

Tuning in to Kids

Good for parents and carers of children aged 3-10 years to learn how to understand, connect with, and manage your child's emotions.

Tuning in to Teens

Great for parents and carers of adolescents aged 10-18 years to learn how to understand, connect with, and manage your teen's emotions.

Bookings are essential

Visit anglicare-tas.org.au/parenting-courses for available program dates. You can register on the website, by phone or email at parentingcourses@anglicare-tas.org.au

Each parenting programs has been funded by the Australian Government Department of Social Services. Visit dss.gov.au for more information.

1800 243 232
anglicare-tas.org.au

