



Step Up

Building Healthy Relationships

PARENT EDUCATION - GROUPWORK

The Step Up Building Healthy Relationships program aims to build and restore healthy relationships between parents/carers and their teenagers, focusing on behaviour change and skill development. Participants will learn more about respectful communication, assertive parenting, and managing triggers for challenging behaviour. Groupwork is a confidential and respectful space for shared experiences.

SESSION OVERVIEW

1. Introduction to group work, meet and greet
2. Understanding adolescence
3. Emotional Intelligence, shame, and empathy
4. Respectful relationships and communication
5. Understanding and responding to warning signs
6. How to respond when your young person uses violence
7. Accountability and empowering your young person
8. Addictions and motivations

WHAT TO EXPECT

- To learn skills for safety when your young person is using challenging or abusive behaviours
- To learn how to support your young person in using skills learned in Step Up
- To learn ways to build a more positive relationship with your young person

- To understand the importance of modelling respectful behaviour for your young person
- To learn skills that promote cooperation and responsible behaviour in young people
- To develop an understanding of adolescent development and emotional intelligence
- To learn to support your young person to be accountable for their behaviour
- To support each other as parents/carers.

FOR MORE INFORMATION

LOCATION Meli
222 Malop Street
Geelong

DATES TBC

DAY/TIME TBC

CONTACT Please call Meli on
5226 8900 and ask to speak to
the Step Up intake worker or
Coordinator or email
stepup@meli.org.au

COST FREE