

Kirrilie Smout

Director of Developing Minds

Kirrilie is a clinical psychologist who has worked with children, young people and their families and teachers for 20 years. She is the founder and director of Adelaide's largest child/adolescent psychology clinic (Developing Minds). Kirrilie has presented seminars to over 50 thousand school students, teachers and parents across Australia, is an author and is frequently consulted by national TV/print and radio media outlets.
developingminds.net.au



Calm and Confident Teens: helping adolescents manage stress, difficult times and to increase their confidence, motivation and wellbeing.

An event for Parents/Carers of teens.

Please note the content of this event is for adults.

Wednesday 4th July 2018

Parenting teenagers can be a job filled with frustration, anxiety and concern. Even harder is when young people are dealing with a crisis of some kind: depression, relationship break-up, loss of self-esteem, problems with peers or learning difficulties just to name a few. At these times, parents often feel helpless and don't know what to do to help, while everything they do try seems to backfire.

This seminar is designed to give parents of teenagers' confidence and skills in dealing with teenagers in difficult times. Specific topics covered include:

- Understanding the differences between generations - and how this results in particular crises for teens
- Helping teens when they shut down
- Building resiliency in young people
- Helping young people to make their own simple plans to get through difficult times
- Helping young people learn to stay calm and reassure themselves
- Maintaining boundaries when teens are stressed
- What not to do and pitfalls to avoid and others...

Minimum numbers are required for event to proceed.

SEMINAR DETAILS:

Location

Seeds Uniting Church
42 Sunnymeade Drive
Aberfoyle Park SA 5159

**Registration & Tea/Coffee
from 6.40pm**

**Presentation
7.00pm – 8.30pm**

**Cost \$30pp (incl. booking fee) or
bring a friend/partner, two for \$50.**

Bookings and Payment Online

<https://seedskirrilie.eventbrite.com.au>

Limited spaces, be quick!

Bookings due to close on 18th June 2018

Contact us – **Little Lessons Australia**

admin@littlelessonsaustralia.com.au or

Tel. 0438752877

Feedback from parent seminars in the past includes:

I felt more confident about the positive things I am already doing - learnt to hang in there!

I came away with strategies to deal with teens' behaviour

I realised other parents are going through the same difficulties - and that there is hope!