

**Dates** - Monday evenings  
May 26, June 2, 16, 23, 30  
**Time** - 6.30pm - 9.00pm  
**Cost** - \$420 single  
\$640 couple  
**Venue** - Northside Clinic  
370 St Georges Rd Fitzroy Nth

**Enquiries** - mob. 0419 841 683  
(Please do not contact Clinic for information)

**INCLUDED:**

- private pre-group consultation to assess your particular needs
- comprehensive handouts
- light refreshments

*(Unfortunately, we cannot offer childcare)*

**BOOKINGS ESSENTIAL!**  
- Limited Spaces

**TO MAKE A BOOKING:**

[www.trybooking.com](http://www.trybooking.com)

In the search field type in 'Parenting and Emotion Coaching' and '26/5/14' scroll down and click on 'Parenting and Emotion Coaching' to complete the booking process.

**OUR PRINCIPLES**

- We're committed to enhancing the parent-child relationship.
- We value the diversity of the family unit and promote equality for all.
- We recognise culturally-sensitive parenting practices.
- We appreciate, and encourage, the collective and individual wisdom of parents/group participants.
- We companion parents in their vision, and their choices, for change.

**WHY GROUP WORK?**

More broadly, group work can provide the opportunity for growth and self-development in relationship to others. Specifically, a parenting group allows parents to identify together the challenges of parenting and in a supportive, strengths-based, and safe environment you can explore your own unique parenting practices.

**Other Programs and Services**

'Tuning in to Teens'  
*Parenting on the Same Page*  
*Follow up individual parenting sessions*  
*Brief or long term psychotherapy*

**PARENTING GROUP  
for  
Same-Sex Attracted  
Parents**



**'Tuning in to Kids'**

*Parenting and  
Emotion Coaching*

A five week parenting group with  
Belinda Davies | Gianna Mazzone

## What is Emotional Intelligence?

Emotional Intelligence is about using your emotions to guide you through the world. It is about being able to use your own knowledge of emotions to make decisions, to calm yourself down, to manage anger and conflict, to help you in your relationships with people, to know what is happening in social situations, and to assist you in many aspects of life where you or another person are involved.

## What is Tuning In To Kids?

*Tuning in to Kids* is a parenting program that helps children learn to understand and regulate their emotions. It teaches parents:

- awareness and regulation of their own emotions and awareness of their children's emotions
- to use children's emotional experiences as an opportunity for closeness and teaching
- skills in assisting children to verbally label and manage their emotions
- skills in assisting children in problem solving
- to guide children's behaviour with appropriate limits

The research evaluation of *Tuning in to Kids* found that when parents learned these parenting skills, this was related to improvements in children's emotional competence, social skills and behaviour. For children with behaviour or anxiety problems, the program was particularly effective.



### **Belinda Davies**

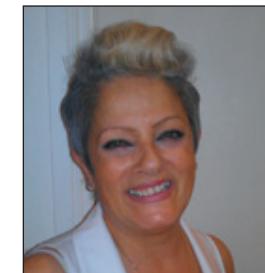
Adv Dip Groupwork Facilitation,  
Adv Dip Early Childhood,  
Grad Cert Community Services  
Practice

Belinda began her career over 30 years ago working in Early Childhood but quickly

became interested in family functioning and building healthy relationships between parents and their children. Belinda currently works in a Women's Neighbourhood House facilitating parenting programs and self-care groups for families and young people. She also works for a Statewide parent-support phone line.

She has extensive experience in the areas of family violence, PND, family support, youth work, grandparent's support, meditation, mindfulness and group facilitation. Belinda has two sons aged 16 and 14 and a puppy called Indie.

*"I am passionate about enhancing the parent-child relationship, drawing on the family strengths and promoting challenges in family life as learning opportunities for all. Families, no matter how they present, deserve and need our respect and support. We can enhance our community by stepping out, taking a risk and positively communicating with each other. It all starts in the homes of our families".*



### **Gianna Mazzone**

Adv Dip Gestalt Therapy,  
Cert. Steiner Education

Gianna has been working with and supporting parents and families for over 20 years through the facilitation of parenting

groups as well as individual counselling and psychotherapy. She currently works for a community-based organization running a wide range of parenting programs, as well as providing support and supervision to professionals who work with parents and families. She has a private practice in the Northcote area.

She has 3 adult children and has the lived experience of bringing up children within a same-sex relationship.

*"I am fascinated by the rapidly changing ideas of what a family is and what it means to be a parent, and yet children's needs remain the same. Even though parents are faced with their own unique joys and challenges, there seems to be a shared experience that is universal! I also have a keen interest in exploring the way parenting can be a path to self-awareness and self-development".*