

## Parenting Anxious Teens & Tweens

For parents of Intermediate and College students.

### PROGRAMME:

- Learn more about the causes, patterns and affects of anxiety in your tween or teen. Develop practical skills and strategies that you can use in the home to support their journey to overcome and outsmart anxiety. Learn how anxiety works, what keeps it going, and how it can be interrupted and replaced with balanced thoughts, thereby increasing wellbeing.
- Meet other parents who share some of your concerns. Feel supported by the group and facilitator.
- Approaches include CBT, Mindfulness, DBT skills, Narrative, and practical parenting tips and techniques.



**2 Session Workshop**  
Monday, 4th December &  
Monday, 11th December  
6:30pm - 9:00pm  
Hearts & Minds Hub  
65 Pearn Crescent, Northcote

**\$50 Individual**  
**\$70 Couples**



#### ABOUT JULIE WALKER

I am a qualified Counsellor and I hold a BHS in Psychology (First Class Hons), and a Post Grad Dip in Narrative Therapy. My key areas of therapeutic interest lie with those experiencing anxiety, stress, depression, or loss, and I have a particular interest in the helpfulness of group work for these concerns. The modalities I use for therapy are varied, and include CBT, narrative therapy, person-centred therapy, mindfulness, and DBT.

For more information or to  
book, please contact  
**Hearts & Minds:**

**PHONE:** 09 441 8989

**EMAIL:** [learning@heartsandminds.org.nz](mailto:learning@heartsandminds.org.nz)

**WEB:** [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)