

Positive Parenting: a balanced approach to raising children

12 May 2016



The Anxiety Disorders Association of Victoria, Inc presents an Information Session on Positive Parenting for parents, carers and teachers

It's challenging being a parent. We receive mixed messages from other parents, family and the media. So what is the best way to parent our children in a positive way and to feel positive about ourselves as parents? Positive Parenting will focus on two aspects:

1. how to deal with our children in a respectful, positive, proactive way
2. how to nurture ourselves and not spend our quality time with our children feeling exhausted and guilty.

Parenting is about being in touch with our children's needs, and treating them with the respect that they deserve.

About the presenter



Sally-Anne McCormack is a clinical psychologist with private practices in Blackburn and Burwood East in the eastern suburbs of Melbourne, Victoria. She is a registered psychologist, media commentator, former teacher, wife and mother of four. She has extensive experience dealing with a broad range of mental health disorders especially depression, anxiety and sleep, as well as parenting and educational issues. In addition, she became an author when her first book - "Stomp Out The ANTs - Automatic Negative Thoughts" was launched in 2010.

Date	12 May 2016
Time	7.30 pm – 9.00 pm
Location	Dandenong Civic Centre Boardroom 1 & 2 Level 2, 225 Lonsdale Street Dandenong
Cost	\$15 Standard fee \$10 ADAVIC members
Bookings	Phone: ADAVIC (03) 9853 8089 Email: adavic@adavic.org.au Website: www.adavic.org.au BOOKINGS ESSENTIAL! Monies non-refundable (no credits available)



This event and associated information resources are supported by the Lord Mayor's Charitable Foundation.

PAYMENT AND REGISTRATION FORM

Anxiety Disorders Association of Victoria, Inc.
ABN 70 607 186 815 | Ph: (03) 9853 8089

I would like to attend the information session on **Positive Parenting** presented by **Sally-Anne McCormack** on **Thursday 12 May, 2016**.

PLEASE COMPLETE THE FOLLOWING DETAILS

Total No. of people attending: _____

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Would you like to receive free Enews & Email updates? Yes / No

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- Please return this Payment Form via email to adavic@adavic.org.au
- Or post to: **ADAVIC**, P.O. Box 625, Kew. Vic. 3101
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