

A CHEVALIER CENTRE WELLBEING PROGRAM ~ ENGAGING ADOLESCENTS

Each Wednesday evening during the last three weeks, Centacare and the Monivae College Hamilton Chevalier Wellbeing Centre have combined to offer parents in the community a wellbeing program focused upon understanding the adolescent mind.

This program ran from 6.00 - 8.00 pm each evening and was very well supported by many parents of students from Year 6 to Year 9. Each parent was upskilled in the knowledge of how the adolescent mind develops and discussions were shared about the expected, and unexpected behaviours we may see at home.



Parents were told of the P.A.S.T.A. process in engaging your son or daughter and how to resolve conflict, empathise with their needs, and how to care for them with clear and respectful boundaries.

All parents were grateful for the program and are 'spreading the word' for this to occur again in Term 1 of 2017, which we will do. A big thanks must go to Marea Sholley from Centacare for her skill in teaching adults and also the administration staff at Monivae College for setting up the supper each night.

Keep an eye out for the program to be run in Term 1 of 2017.

For more information please go to the website below and click on courses,

<https://www.centacareballarat.org.au>

Mr Andrew Monk - Director of Students

