

TOOLBOX

Building Better Mental Health

Who We Are

Toolbox Education brings psychology's best tools into schools and homes, equipping parents and students with practical strategies for mental wellbeing.

Beyond the Workshop

Need more support? **Toolbox Clinic** offers expert psychology services for kids, teens, and parents. Whether it's building resilience, managing emotions, or tackling challenges, we're here to help.

www.toolboxclinic.com



50-60mins



Delivered
Online

Parent Workshop

Dealing with Conflict

Workshop Overview

Adolescence can be a time of upheaval and conflict, especially in social groups.

The way we communicate our wants and needs has a big impact on how we manage conflict, and is a vital skill to learn.

This workshop teaches parents how to support their child through conflict.

What Will You Learn?

1. Strategies for helping young people regulate themselves
2. Communication techniques to build psychological safety with your child
3. Ways to help your child identify the root of the problem
4. Techniques for helping your child build empathy skills
5. Strategies for helping your child resolve conflict

For more support or to book an appointment with a psychologist,
head to www.toolboxclinic.com or call (03) 7018 0023