

Parenting with Mental Illness Program

Providing resources, education and clinical support to enhance parenting confidence and effectiveness in challenging times.

Who is the program for?

This program is for individuals who would like to learn more about parenting, and strategies to deal with what gets in the way of parenting and interacts with mental health.

Program Content

- How the brain develops
- Attachment Based Parenting
- Zones of Arousal
- Helping Kids Manage Emotions
- Managing Behaviour & Boundaries
- Good Enough Parenting
- Talking to Kids about Mental Illness
- Planning for Challenging Times

About the program

This full-day group program provides support to patients who are parents of under 18 year olds. It seeks to help participants increase confidence in their parenting and optimise their relationship with their children. This program incorporates strategies from CBT, DBT and ACT.

When is it held?

One day a week over 8 weeks as detailed below. Closed group with set intake dates. Morning tea and lunch is provided.

8:30am - 9:00am Registration
9:00am - 2:45pm Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund. We ask that participants confirm any applicable out of pocket or gap costs directly with South Coast Private Hospital.

Further Information

For information on this program please contact the South Coast Private Day Programs Team

T: 02 4286 6847

E: sco.dayprograms@aurorahealth.com.au