



# Tracking Better®

Workshop at Mindful, Centre for training and research  
in developmental mental health with Dr Deeta Kimber



## Regulation Workshop for Parents & Carers Monday 26<sup>th</sup> November

Session 1: How can I tell when I'm stressed  
10:30 to 1:00 morning tea and lunch provided

Session 2: How do I calm down  
1:30 to 3:00

Building C, 50 Flemington St, Travancore Vic 3032 Phone: 03 9371 0200  
[mindful-info@unimelb.edu.au](mailto:mindful-info@unimelb.edu.au) No parking available

**\$120 + GST for full day**

**Bookings: [Mindful.org.au](http://Mindful.org.au)**



## Dr Deeta Kimber

Deeta is a Child, Adolescent and Adult Psychiatrist who is passionate about teaching the science of stress so parents and carers can understand what is happening to themselves through the challenges of parenting.

She has worked extensively in regional Victoria, Melbourne Youth Justice & Adult Prisons and, more recently, remote indigenous communities in the Kimberley region of Western Australia

## Tracking Better<sup>®</sup> Regulation Workshop

Session 1 : How I can tell when I'm stressed

Session 2: How I can calm down

There's lots of parenting information around about how to make kids resilient through learning self regulation, but when it comes down to specifics it can be confusing. This workshop starts with teaching parents and carers the science and practice of self regulation in themselves, so it's much easier to teach it in their kids. Parents and carers will learn to recognise and regulate their own stress and then start to think about the basics of how this can be taught to their children.

**Session 1: Stress Regulation** Learn the latest research on how our stress system works, how to recognise your own version of survival mode, including early warning signs, and how to use mindfulness and breathing techniques to get your head back together.

**Session 2: Calming & Body Regulation** Explore how to calm your body using different senses and activities. This is a hands-on workshop where you'll be introduced to 'sensory-speed-dating' and figure out what works best for you.

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**Note, parking not available**