

## **Parenting**

While parenting can be one of the most challenging experiences in our lives, at the same time it also has the potential to be one of the most rewarding.

If you feel you're in need of some support with parenting your children, please reach out.

The St Mary's College Wellbeing Counsellors are very experienced in parenting strategies and supporting positive relationships between parent/carer and child.

The Wellbeing Counsellors use a trauma informed approach, which all children respond positively too. The focus is on the strengths of the parent and child, with the child's health and wellbeing at the core of their work.

Please see below for some community resources available to support your parenting journey, no matter which stage you are at.

[Tasmania: parenting services – Raising Children Network](#)

[Parenting programs – Anglicare Tas](#)

[Strong Families, Safe Kids Advice and Referral Line](#) (Eligible to anyone with a child in their care under the age of 18 years.)

[Parenting and support – CatholicCare](#)

There are also many informative podcasts to help parents and carers make their families happier and more fulfilled, including [Dr Justin Coulson's Happy Families Podcast](#).

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