

COACH2COPE: TAR3 PARENTS & CARERS

Presented by Dr Stephen Spencer:

- ✓ A 5 step evidence-based psychological first aid framework (TAR3) for you to follow when responding 'in the moment' to episodes of distress and behavioural challenges.
- ✓ Guidance on simple ways you can help young people build coping, resilience and positive help seeking behaviour and the vital role you play in promoting this.
- ✓ Context on why child & adolescent mental health occurs and what you can do to improve mental health outcomes for the young people you support.
- ✓ Coaching in the use of scripts and engagements strategies to adopt when responding to distress using the TAR3 Psychological First Aid Method.



**In collaboration with
Newcastle Netball Association**

Monday 28th July 6pm-8pm

**Venue: Newcastle Netball Clubhouse,
Union St Cooks Hill**

Secure your FREE spot here:

<https://events.humanitix.com/coach-2-cope-tar3-parent-and-carers-newcastle-netball-association>



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