

# PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents & carers  
of children aged 3 - 13 years



**Join us in an interactive program to share experiences and ideas, and learn strategies to support your child**

**ARE YOU TIRED OF YELLING?**

How to get kids to listen, without having to yell

**DEALING WITH ANGER**

Helping parents, and kids, deal with anger and frustration

**RESPONDING TO BEHAVIOUR**

Better understand why children behave the way they do

**STRATEGIES THAT WORK**

How can parenting be easier and more fun!

**DATES:** Tuesday evenings for 6-weeks  
15<sup>th</sup> Oct to 26<sup>th</sup> November 2019  
(Not on Cup Day)

**TIME:** 6.45pm – 9.00pm

**WHERE:** TurningPoint Church Meeting Room  
1785 South Gippsland Hwy  
(opposite Devon Road)  
Cranbourne East

**COST:** **FREE** – Bookings Essential  
Refreshments provided

**BOOKINGS AND ENQUIRIES:**

Sandra Phillips at ParentZone  
Call / text 0447 500 355 or email  
[sandra.phillips@anglicarevic.org.au](mailto:sandra.phillips@anglicarevic.org.au)

