



PARENTS BUILDING SOLUTIONS

Free 6 week program for Mums, Dads, Grandparents, Aunties, Uncles, adult carers to have a "cuppa" and talk about kids

ARE YOU TIRED OF YELLING?

How to get kids to listen the first time

DEALING WITH FEELINGS

Helping parents deal with frustration, anger and/or anxiety

STRATEGIES

Discuss and share strategies that work

CHILDREN'S BEHAVIOURS

Understand why children behave the way they do

SELF CARE

How to cope with stress & emotions

DATES: Thursdays 13, 20, 27 February and 5, 12, 19 March

TIME: 9.30am - 11.30am

WHERE: Ballam Park Primary School
Belar Avenue Frankston

COST: **FREE**

BOOKINGS AND ENQUIRIES CONTACT:

Michelle Brown - Parent Resource

Co-ordinator 0429 174 150

Email: michelle.brown@anglicarevic.org.au