

BREAKING THE CYCLE

A GROUP FOR PARENTS AND CARERS WHOSE ADOLESCENT IS ABUSIVE AND/OR VIOLENT AT HOME



- Do you feel threatened, frightened or even controlled by your son or daughter?
- Are family members and younger siblings feeling scared?
- Feeling anxious, isolated, ashamed, resentful?

YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.

Come along to these 8 sessions to learn strategies, share stories and take some time out for you!

WHEN: Thursdays 30th July to 17th September 2020

TIME: 5:30pm – 7:30pm

WHERE: Online via Zoom

COST: **FREE.** Bookings essential.

Bookings and further information:

Parentzone Gippsland on 5135 9555 or parentzone.gippsland@anglicarevic.org.au

PARENTZONE

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