



PARENTS BUILDING SOLUTIONS

Free 3 week program online for Mums, Dads, Grandparents, Aunties, Uncles, adult carers to talk about kids and share ideas

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: Wednesdays 26th August, 2nd and 9th September

TIME: 6.30 - 8- pm

WHERE: Online with ZOOM

BOOKINGS AND ENQUIRIES CONTACT:

Michelle Brown - Parent Resource

Co-ordinator 0429 174 150

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This group is in collaboration with Carrum Downs schools and Peninsula Health

PARENTZONE



Peninsula
Health

