



PARENTS BUILDING SOLUTIONS

Free 6 week program for Mums, Dads, Grandparents, Aunties, Uncles, adult carers to talk about kids

Focus on Frankston and Mornington Peninsula areas

ARE YOU TIRED OF YELLING?

How to get kids to listen the first time

DATES: Thursdays July 23, 30
August 6, 13, 20, 27

DEALING WITH FEELINGS

Helping parents deal with frustration, anger and/or anxiety

TIME: 6 - 7.30pm

STRATEGIES

Discuss and share strategies that work

WHERE: ZOOM online

COST: FREE

CHILDREN'S BEHAVIOURS

Understand why children behave the way they do

BOOKINGS AND ENQUIRIES CONTACT:

Michelle Brown - Parent Resource

Co-ordinator 0429 174 150

Email: michelle.brown@anglicarevic.org.au

SELF CARE

How to cope with stress & emotions

PARENTZONE