



## 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

### **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:** Tuesdays August 4, 11, 18, 25  
September 1, 8

**TIME:** 10 - 11.30am

**WHERE:** ZOOM online

**COST:** FREE

### **BOOKINGS AND ENQUIRIES CONTACT:**

Michelle Brown - Parent Resource

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# PARENTZONE