



PARENTS BUILDING SOLUTIONS

Free one-off sessions online for Mums, Dads, Grandparents, Aunties, Uncles, adult carers

Come along to one or more single sessions to connect with others, explore strategies, share ideas and ask questions.

Different topic each week -

Week 1 Dealing with Feelings
Week 2 Communicating with Kids
Week 3 Talking to Teens

DATES: Tuesdays 1, 8, 15 September
TIME: 6.30 - 8 pm
WHERE: Online with ZOOM
Support to access Zoom is available

BOOKINGS AND ENQUIRIES CONTACT:

Michelle Brown - Parent Resource Co-ordinator
Email: michelle.brown@anglicarevic.org.au or text
0429174150 to book.

Please book via text or email and leave your phone number, email address and the topic or week you want to attend.

PARENTZONE