



PARENTS BUILDING SOLUTIONS ONLINE

**For parents, step-parents, grandparents and carers
of children aged 3 - 17 years residing in City of Casey**

**Join us online in an interactive program to share experiences
and ideas, and learn strategies to support your child**

ARE YOU TIRED OF YELLING?

How to get kids to listen, without
having to yell

DEALING WITH ANGER

Helping parents, and kids, deal with
anger and frustration

RESPONDING TO BEHAVIOUR

Better understand why children
behave the way they do

STRATEGIES THAT WORK

How can parenting be easier and
more fun!

TERM 4 - TWO PROGRAMS AVAILABLE

Tuesday mornings 9.30am - 11.00am

13th Oct to 24th Nov (6-weeks)

(No session held on Cup Day)

Thursday afternoons 1.00pm - 2.30pm

15th Oct to 26th Nov (6-weeks)

(No session held on 29th October)

WHERE: Online via Zoom with a
computer, laptop, tablet or smartphone

BOOKINGS AND ENQUIRIES:

Sandra Phillips at ParentZone

Call / text 0447 500 355 or email

sandra.phillips@anglicarevic.org.au