



Breaking the Cycle

For parents and carers whose adolescent is abusive or violent at home

- Do you feel threatened, frightened or even controlled by your son or daughter?
- Are family members and younger siblings feeling scared?
- Feeling anxious, isolated, ashamed, resentful?

YES? Then join the 'Breaking the Cycle' group. It gives you an opportunity to discuss all issues and learn new skills to better manage challenging situations.

Come along to these 8 sessions to learn strategies, share stories and take sometime out for you!

WHEN: Mondays 1st February to 29th March 2021 (no session 8th March)

TIME: 10:30am - 12:30pm

WHERE: Online via Zoom

COST: FREE. Bookings essential.

For bookings & enquiries contact:
Parentzone Gippsland on 03 5135 9555 or email
parentzone.gippsland@anglicarevic.org.au

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