



## PARENTS BUILDING SOLUTIONS ONLINE

**FREE weekly program online for Mums, Dads, Step-Parents, Grandparents and Carers.**

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

Come along to one or more relaxed sessions to connect with others and share ideas.

### **Different topics each week-**

- Dealing with feelings
- Communicating with kids
- supporting kids with change
- caring for ourselves
- Other topics you come up with!

**DATE:** Thursdays 22nd Jul- 9th Sep

**TIME:** 9:30am-10:30am

**WHERE:** Online via ZOOM  
Support to access Zoom is available

### **BOOKINGS AND ENQUIRIES:**

Iris Guasch- Parent Resource Coordinator  
Email: [iris.guasch@anglicarevic.org.au](mailto:iris.guasch@anglicarevic.org.au) or Call/  
text 0436 007 492 to book.

Please book via text or email and leave your phone number, email address and the topic or date of the session/s you want to attend.

**PARENT**ZONE