



Parents Building Solutions

PARENTZONE

Purposeful Parenting **A FREE, SIX-WEEK PROGRAM** **(FACE TO FACE IF POSSIBLE, OTHERWISE ONLINE)**

This program CAN help you respond to your children differently if your answer to any of these questions is "YES!"

- Are you tired of shouting at your children?
- Would you like to explore strategies to deal with tricky feelings?
- Would you like to parent differently?

DATE: Wednesdays, 20th October - 24th November 2021

TIME: 12.30 p.m. - 2.00 p.m.

WHERE: Online - Zoom

For enquiries contact:

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OR to register, scan the QR code