



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: Thursday 10th February- 31st March

TIME: 10:00am-11:00am

WHERE: Online via ZOOM
Support to access Zoom is available

BOOKINGS AND ENQUIRIES:

Iris Guasch- Parent Resource Coordinator
Email: 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.

PARENTZONE

Funded by the Australian Government Department of Social Services. See www.dss.gov.au for more information.