



## TRAUMA-RESPONSIVE PARENTING PARENTS BUILDING SOLUTIONS

**THIS IS A PROGRAM FOR PARENTS WHO HAVE EXPERIENCED FAMILY VIOLENCE**

Would it be helpful to explore strategies to respond in a trauma-informed way to your child(ren)'s challenging behaviours?

Would you like to:

- Re-establish trust in your family?
- Improve your relationship with your children?
- Improve communication in your family?
- Explore strategies for responding to big feelings?
- Help your children understand rules and establish boundaries?
- Explore strategies to respond to other parenting challenges?

The program will be co-designed with participating parents, based upon your parenting goals and challenges.

*The program is open to parents of all genders who have experienced family violence.*

*It is appropriate for parents who have been unable to access Parentzone's Beyond the Violence program.*

***DID YOU KNOW:** You can take time off work to attend under the new Family Violence leave entitlements?*

**DATE:** Wednesdays, 25th October - 29th November (inclusive)

**TIME:** 11.00 a.m. - 1.00 p.m.

**WHERE:** Online on Zoom  
Please note that sessions will not be recorded.

**COST:** FREE!

For more information, and to register, contact:

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# PARENTZONE