



## PARENTING AFTER FAMILY VIOLENCE

### 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 their parenting goals.

*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:** Tuesdays, 30th July to 3rd September

**TIME:** 9.15 a.m. - 11.15 a.m.

**WHERE:** Bridgewood Primary School  
115 Bridge Road, Officer

**COST:** FREE!

For more information, to explore if this program appropriate for you, and to discuss registration, contact:

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# PARENTZONE