



PROACTIVE PARENTING PARENTS BUILDING SOLUTIONS

**PARENTING IS ONE OF THE TOUGHEST
JOBS YOU WILL EVER DO...WITHOUT ANY
TRAINING!**

Do you sometimes feel as if you're treading water as a parent, and reacting, rather than being proactive? If so, would you like to:

- Improve your relationship with your children?
- Improve communication in your family?
- Learn strategies for responding to big feelings?
- Explore ways to establish healthy rules, boundaries and consequences?

If your answer is "yes" to any of these questions, or you would like to join a group of parents exploring strategies to respond to other parenting challenges, this is the group for you!

DATE: Mondays, 29th July - 2nd September

TIME: 9.00 a.m. - 10.00 a.m.

WHERE: Hillsmeade Primary School
82 The Promenade, Narre Warren
South

COST: FREE!

For more information, contact:

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Use the QR code or this link:
<https://events.humanitix.com/proactive-parenting>

PARENTZONE