



## Growing Great Kids

## PARENTS BUILDING SOLUTIONS

For Parents with Children ages from 0-5 years old to join us in interactive sessions to share experiences, ideas & learn strategies to support your child.

- Building Resilience in Kids and Parents.
- Using Strength Based approach with kids.
- Dealing with transition from kinder to school positively.
- How to get kids to listen without having to yell?
- How to help your child to manage and regulate their emotions,
- Mental Health & Well Being (Self-Care)

**Date:** Mondays 15, 22, 29 July, 5, 12 & 19 Aug. 24

**Time:** 11.00am to 1.30pm

**Venue:** Southern Migrant & Refugee Centre  
39, Clow St. Dandenong VIC 3175

**TO REGISTER:** [CLICK HERE](#) Or

**Scan QR Code:**



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