



## PARENTS BUILDING SOLUTIONS - Calm Parenting

**For parents, step-parents, grandparents, families and carers of children of all ages. A FREE 6 week parenting program. Come along Wednesdays to share ideas, feel supported and learn new things!**

### **ARE YOU TIRED OF ALL THE YELLING?**

How to communicate better within the family

### **DEALING WITH ANGER**

Helping parents deal with anger in themselves and the kids

### **RESPONDING TO BEHAVIOUR**

Understand why children behave the way they do

### **STRATEGIES THAT WORK**

How can parenting be easier and more fun

**DATES:** Tuesday August 5, 12, 19, 26  
September 2, 9 2025

**TIME:** 12.30 - 2pm

**WHERE:** Online

**COST:** FREE!

For more information, contact:  
Michelle.brown@anglicarevic.org.au

Register using the QR code or this link  
<https://events.humanitix.com/2025-t3-calm-parenting-online>



# PARENTZONE