

bringing up great kids

Would you like to understand why your **child** behaves the way they do?

Are you interested in knowing more about why you **parent** the way you do?

Would you like to explore how to enhance your parenting and relationship with your child?

Bringing up Great Kids (BUGK) is a program that uses mindfulness and reflection to support parents / carers of children as they review and enhance their patterns of communication with their children.

The BUGK Program supports parents as they explore what influences their parenting practices, and the messages they're passing on to their children.

The program aims to work with parents as they establish a new relationship context with their children.

For more information or to register, please contact Sandra Fawcett on 9871 1802

Who Parents / Carers of children aged 0-10 years

Where Mitcham Family Centre
15 Brunswick Road
Mitcham

When Thursdays
6th June – 27th June 2019
(4 consecutive weeks)

Time 9.30am – 12pm

Cost Free
(tea/coffee/snacks provided)

*Sorry no child minding available

This program is funded by the City of Whitehorse