



# **Mum's Guiding Kids Forward**

An 8 week parenting program for mothers who have experienced family violence and abuse

- Do you want to build a stronger foundation for your children's future?
- Are you concerned about the effects of family violence on your children?
- Would you like to develop your parenting skills to better meet the needs of your children?

This group provides a safe space for mothers to gain additional skills and strategies to parent children affected by family violence, and enhance and maintain a nurturing relationship with their children.

## Where:

Anglicare - Via Zoom

## When:

Wednesday's - Term 4

4th October - 22nd November 2023

#### Time:

10am - 12pm

## Cost:

Free of charge. Bookings essential

### **Bookings:**

Ayala & Emma on 9896 6375

or via email

Women and Childrensprogram@anglicarevic.org. au