



Connection Based Parenting

CfC Frankston Community Workshop Series is designed for local parents/carers, sport and recreational groups, volunteers and staff working or living with children, who are seeking information and practical strategies.

Facilitated by Building Better Brains

This workshop will provide information on the science of play and will help participants build a toolbox of creative, play-based strategies and techniques to enhance feelings of safety and connection and help children thrive.

- Learn what connections are essential for building resilient, confident and emotionally intelligent brains
- How to use games, play and connection to help regulate children's stress responses
- Participants will find new ways to support challenging behaviour and increase family fun

Building Better Brains is led by Sian Chambers- Vallance, a clinical play therapist and creative counsellor and Tony Vallance, a counsellor and award winning teacher. For more information on the work of Building Better Brains, visit <https://buildingbetterbrains.com.au/>



DATE: Thursday 15th September
TIME: 7pm - 8.30pm
WHERE: Online via Zoom webinar.

SCAN TO REGISTER for online attendance via zoom:



CfC is funded by the Australian Government, Department of Social Services. See www.dss.gov.au for more information.