



## PROACTIVE PARENTING

## PARENTS BUILDING SOLUTIONS

### PARENTING IS REALLY DIFFICULT JOB!

These sessions will help your family with the following:

- Communication
- Setting rules and consequences
- Managing emotions
- Building strong relationships with each other

The program will be designed based on what topics parents ask for.



**DATE:** Wednesday, 9th August, 16th August, 23rd August and 30th August

**TIME:** 10.30 a.m. - 11.30 a.m.

**WHERE:** Bounce Back at Mayonne-bulluk  
Mayonne-Bulluk Family and  
Community Centre  
66 Bradman Drive, Cranbourne West

**COST:** FREE!

For more information, contact:

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