

Parents building solutions (six-week program)

Presented by: ParentZone

Do you want to:

- Help your child cope in a chaotic world?
- Improve your child's confidence and self-esteem?
- Help your child to deal with anxious feelings?
- Develop strategies to manage anger?
- Talk so your child will listen?

Come along to these 6 sessions to learn strategies, share stories and take some time out for you!



Recommended for: parents/carers of children



When: Tuesday 27 July, 3, 10, 17, 24, 31 August 10am-11.30am

Where: TBC

Cost: Free

Bookings: Booking is essential and must be done by 23 July 2021 via trybooking.com/BMUKW

For more information: Contact Council's Family Services Education Officer on **9404 8865** or email familytraining@whittlesea.vic.gov.au

Free telephone interpreter service



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