



RESPONSIVE & **SUPPORTIVE** parenting for children aged 2-12 years

**Want to learn how mindfulness
and reflection can help improve
communication with your children?**

In this workshop, parents will learn how identifying and addressing their own underlying attitudes can facilitate more positive exchanges between parent and child.

This program is based on a child-centred approach and introduces practical strategies for parents.

DATE

31 October 2023

TIME

10am – 12pm

WHERE

Session will be held via Teams

REGISTER

FamilyServices@monash.vic.gov.au



CITY OF
MONASH