



## FLOURISHING FAMILIES

### DISCOVER HOW TO PROMOTE YOUR FAMILY'S GROWTH AND WELLBEING

Join us for a **4-week course** about the key concepts of Positive Psychology and learn how you can use them in your parenting.

**Learn about current research and practical skills that will help you and your family:**

- Promote resilience
- Increase awareness of character strengths
- Nurture and sustain positive relationships
- Give effective feedback and support individual growth
- Explore your family values and shared goals

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TUESDAYS 22 Oct, 29 Oct, 5 Nov, & 12 Nov

Time: 7.00 - 9.00pm

Register your interest at [regionalparenting@geelongcity.vic.gov.au](mailto:regionalparenting@geelongcity.vic.gov.au)