



BRINGING UP GREAT KIDS

All parents need support from time to time

A highly recognised **FREE** interactive program for parents of young children and adolescents to help us raise happy and confident kids!

Topics covered include:

- mindful parenting
- understanding children's development and behaviour
- building strong positive relationships
- parents' self-care practices.

WEDNESDAYS 12:30pm – 2:30pm

22 May to 26 June

6 week course - join any time!

Hackham West Community Centre
44 Glynville Drive, Hackham West

Contact the Noarlunga Family Relationship Centre on **8202 5200** for more information and to book your place in the program.

Facilitated by Rose and Alice.

Free crèche available - bookings essential