

BRINGING UP GREAT KIDS

FREE



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Hackham West Children's Centre

A FREE 5 week Parenting Program with morning tea

The program helps parents to:

- Learn important self-care strategies to manage the difficult times
- Discover the messages behind children's behaviour
- Reflect on how your own upbringing can influence parenting
- Support your child to develop a positive sense of themselves

When: **Thursdays from 10.00am – 12.00pm**
 Starting Thursday 7th February

Where: **Children's Centre Unit within Hackham West Primary School**
 50 Glynville Drive, Hackham West

FREE crèche provided – limited places so please book early

Bookings and Information

Speak with staff at Hackham West Children's Centre on 8382 6161

Facilitators:

Ruth Coulter | Family Practitioner

Tara Allen | Speech Pathologist