



## Mums Guiding Kids Forward

An 8 week parenting program for mothers who have experienced family violence and abuse

- Do you want to build a stronger foundation for your children's future?
- Are you concerned about the effects of family violence on your children?
- Would you like to develop your parenting skills to better meet the needs of your children?

**This group provides a safe space for mothers to gain additional skills and strategies to parent children affected by family violence, and enhance and maintain a nurturing relationship with their children.**

**Where:**

Anglicare - Via Zoom

**When:**

Monday's - Term 4

3rd October - 28th November 2022

(Break on 1st November)

**Time:**

10am - 12pm

**Cost:**

Free of charge. Bookings essential

**Bookings:**

Ayala & Carol on 9735 6100 or 9896 6375  
or via email

WomenandChildrensprogram@anglicarevic.org.au