



HUME CITY COUNCIL POSITIVE RELATIONSHIPS, RESILIENT FAMILIES TERM 3 PROGRAM

Learn how you can build positive relationships with your children and young people in practical workshops designed for parents/carers of 0–24 year olds. **All sessions are free to attend, but bookings are essential.**

Parenting in the Early Years *Learn how your role plays a key part in a child's development.*

Date: Mon 29 Jul 2019, 9.15am–11.15am

Venue: Craigieburn South Primary School Hub

Parents Building Solutions *A six-week program delivered in Arabic for parents of children and young people to share ideas and strategies on how to manage the tough times.*

Date: Thu 8, 15, 22, 29 Aug, 5, 12 Sep, 11am–1pm

Venue: Roxburgh Park Youth Centre

Wishing Away Worries *Does your young person worry too much?*

Date: Tue 13 Aug 2019, 6pm–8pm

Venue: Sunbury Downs College

Body Confident Children and Teens *Find out how you can better understand and promote positive body image in the home.*

Date: Tue 27 Aug 2019, 7pm–8.30pm

Venue: Hume Global Learning Centre — Craigieburn

Raising Resilient Teens *Learn how to talk to and build resilience within teenagers.*

Date: Thu 12 Sep 2019, 6pm–8pm

Venue: Sunbury Downs College

Challenging Behaviour in Pre-teens *Learn how to best support your child as they approach adolescence.*

Date: Mon 16 Sep 2019, 9.15am–11.15am

Venue: Craigieburn South Community Hub



Bookings or enquiries **9205 2556** or **hume.vic.gov.au/parenting**

Light refreshments provided. Please advise of any food allergies or special dietary requirements when booking.

