



PROACTIVE PARENTING PARENTS BUILDING SOLUTIONS

**PARENTING IS ONE OF THE TOUGHEST
JOBS YOU WILL EVER DO...WITHOUT ANY
TRAINING!**

Do you sometimes feel as if you're treading water as a parent, and reacting, rather than being proactive? If so, would you like to:

- Improve your relationship with your children?
- Improve communication in your family?
- Learn strategies for responding to big feelings?
- Explore ways to establish healthy rules, boundaries and consequences?

If your answer is "yes" to any of these questions, or you would like to join a group of parents exploring strategies to respond to other parenting challenges, this is the group for you!

DATE: Mondays, 1st May - 5th June
(inclusive)

TIME: 6.45 p.m. - 8.15 p.m.

WHERE: Online (Zoom) - Please note: these sessions will not be recorded

COST: FREE!



For more information, contact:

Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au

Use the QR code or this link:
<https://forms.office.com/r/TfXfwz264Z>

PARENTZONE