



PARENTS BUILDING SOLUTIONS

For parents, step-parents, grandparents, families and carers of children of all ages. A FREE 6 week parenting program. Come along Thursdays to share ideas, feel supported and learn some new things!

ARE YOU TIRED OF ALL THE YELLING?

How to communicate better within the family

DEALING WITH ANGER

Helping parents deal with anger in themselves and the kids

RESPONDING TO BEHAVIOUR

Understand why children behave the way they do

STRATEGIES THAT WORK

How can parenting be easier and more fun

DATES: Thursday
4, 11, 18, 25 May and 1, 8 June

TIME: 1pm - 3pm

WHERE: Tootgarook Primary School
7 Carmichael St, Tootgarook

COST: FREE!

For more information, contact:
Michelle Brown 0429 174 150
Michelle.brown@anglicarevic.org.au

Register using the QR code or this link
<https://forms.office.com/r/K4caLnC5Mu>

PARENTZONE



BETTER
TOMORROWS