

*Have you ever thought...
'If only I could become the sort of parent I want
to be'... 'if only my children would listen, things
would be calmer at our house!'
You are not alone...*

Come and join us at the:
**'Bringing up Great Kids'
Parenting Program**

- A 6 session program for parents/carers of children aged 3-11 years aimed to help you overcome some of the obstacles that can get in the way of being the parent you would like to be.
- Assists you to understand how parents and children communicate and ways that help build healthy and loving family relationships.
- Explores ways to take care of yourself and gain support when needed so that you can handle the challenge of parenting

Starting When & Where?

Tuesday 1st September 2015 – Thursday 17th September 2015 (3 weeks)

2 Times a week- Tuesday and Thursday

From 1.00-3.00pm each day

At Primary Care Connect,

399 Wyndham Street

Shepparton

This is a free program.

Program handouts and light refreshments will be provided

Bookings are essential as places are limited

To register or for further information please contact Joanne on 5823 3200

Brought to you by Hume Region Parent Education Service