



Bringing Up Great Kids (Cranbourne)

Bringing Up Great Kids (BUGK) is a six-session program for parents and caregivers of children aged 2 to 12 years.

It focuses on building positive and supportive relationships between parents and their children.

The program encourages mindfulness and reflection to improve communication and helps parents understand what influences their parenting.

BUGK aims to:

- Encourage parents to think about their parenting and strengthen their bond with their children.
- Teach about brain development and its impact on a child's thoughts, feelings, and behaviours.
- Help parents understand why children behave in certain ways.
- Identify challenges that may make parenting more difficult.
- Explore ways to improve parents' self-care and overall well-being.

Cost
Free

Date
Every Wednesday
23rd October – 27th November

Time
10am until 12:30pm
Light refreshments will be served

Venue
Cranbourne Library
65 Berwick-Cranbourne Rd,
Cranbourne VIC 3977

Get in touch

Bookings Essential



<https://for.ms.office.com/r/JvJJEkBJaq>

Please call the Group Workers on **03 5990 8400** to register or email: groupwork.south@vt.uniting.org
unitingvictas.org.au

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