



Bringing up Great Kids

This parenting program is a mindful parenting program which gives parents the skills to slow down and respond to children in a calm and relaxed manner, leading to less stress in their lives and positive changes in their children's behaviour.

The BUGK program supports parents as they explore what influences their parenting practices and the messages they are passing onto their children.

DATE: Tuesday 30th April - 4th June 2024

TIME: 10.00am - 12.00pm

WHERE: Janefield Community Centre,
2 Manchester Crescent, Bundoora

COST: This session is free of charge but registration is essential

BOOKINGS: Bookings and enquiries to Parentzone Northern: 03 8641 8900 or Email: parentzone.northern@anglicarevic.org.au



PARENTZONE