



BRINGING UP GREAT KIDS

OVERVIEW

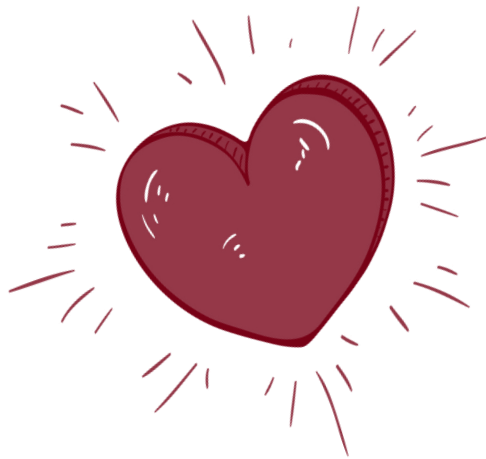
A parenting program
for building good
relationships with
your children.

6-week group that
focuses on
communication &
connection

WHEN

Tuesdays 10am –12

6/2/24—12/3/24



Explore a reflective mind-
fulness based approach to
parenting while focusing on
the emotional and
developmental needs of
children.

WHERE

Hope Connect

16 Shortland St, Telopea, NSW, 2117

Limited Childcare
Available
registration essential

Content

- Learn more about your parenting style & how it can be more effective
- Understand the messages that children communicate
- Overcome obstacles to being the parent you want to be
- Learn about importance of building children's self-esteem
- Find ways to practice self care and find support.



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