‘What’s On’

Bringing up Great Kids

Would you like to:

• Have a more positive relationship with your child?
• Understand your child better?
• Develop a positive self-identity in your child?
• Communicate more effectively with your child?

Bringing up Great Kids is a five session parenting program for parents with children in pre or primary school that shows you how you can parent in a more reflective and mindful way.

Bringing up Great Kids will help you:

• Learn about origins of your parenting style and how it can be more effective
• Identify the important messages you want to convey to your child and how to achieve this
• Discover how to overcome some of the obstacles that are getting in the way of being the kind of parent you would like to be.

Where: Nillumbik Health
917 Main Road, Eltham

When: Five consecutive Thursday sessions commencing 21 August to 18 September

Time: 9.15am – 11.45am

Cost: $100 ($50 for health care card holders)

RSVP: Return completed application form to Joan Lauricella. Limited places available, allocated on a first-in basis.

For more information, please contact:

Joan Lauricella (Family Support Worker)
Phone: 9430 9100
Email: joanl@nillumbikhealth.org.au