

Bringing Up Great Kids



Bringing Up Great Kids is a FREE program for anyone caring for kids 0-12 years old

This 4 week course helps you build strong positive relationships with your kids

- Explore how we think and feel influences how we parent our kids
- Understand kid's communicate through their feelings and behaviour
- Look at what are the important messages we want to pass on to our kids and how we can do this
- Find out ways parents can take care of themselves and get support if they need it

Date: Mondays August 19th & 26th and Sept 2nd & 9th

Time: 1.00pm—2.45 pm

Where: St Marys Community Health Centre Day Centre

Presented by: Mary Mumford (CHaPS nurse)

Tanya Greenwood (Building Blocks)

Cost: FREE!!

Afternoon tea and free adjunct child care provided

To book your spot call Tanya: 0400 002116 or Mary: 0428 136 381

