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## Bringing up Great Kids

*Overcome some of the obstacles that are getting in the way of being the kind of parent you would like to be!*

### Positive Self-Identity

This workshop promotes positive and nurturing parent-child relationships.

We use mindfulness and reflection to support you to review and enhance parental communication, promote respectful interactions and encourage the development of your children's positive self-identity.



Independent evaluation concluded that the Bringing up Great Kids program is an effective intervention for building positive parent-child relationships, reducing parenting stress and minimising the possibility of harmful parental behaviours towards their children.

**When:** Tuesday 10<sup>th</sup> May, 17<sup>th</sup> May, 24<sup>th</sup> May and 31<sup>st</sup> May.  
(4 week duration)

**Time:** 9.30am to 12pm (2.5hrs)

**Where:** UnitingCare Community  
98 Birch St Manunda

**Contact:** 07 4032 6800 (**bookings required**)

**Cost:** Free of charge

**\*please note we have no capacity for child minding.**