



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: Tues 16th August, 23rd August, 30th August, 6th September 2016
(4 week duration)

Time: 9.30am to 12pm (2.5hrs)

Where: Birch Street Community Hub
98 Birch St Manunda

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

Cost: Free of charge

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