



## 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:** Fridays from 19<sup>th</sup> May- 9<sup>th</sup> June 2017 (4 x sessions)

**Time:** 9.30am to 12pm

**Where:** Birch St 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.**