

BRINGING UP GREAT KIDS for Aboriginal Families



STARTING- MONDAY

4 MARCH 2019

A six session parenting program that helps you to use mindfulness and reflection to better your communication patterns with your children.

Promoting more respectful interactions and the development of children's positive self-identity.

When: Every Monday for 3 weeks

Session 1&2– 4th March 2019

Session 3&4– 11th March 2019

Session 5&6– 18th March 2019

Time: 11.30pm – 2.00pm

Location: Bushland Community Hub,
41 Mudford Street , Taree

To register contact **Renae Taylor** or **Michelle Bird** 02 6551 1800

Light lunch provided

**Communities
for Children**

Bookings

Essential

Suitable for parents
with children

0-12 years

Develop strategies
to manage your
parenting
approach

Learn about the
importance of
building
self-esteem



www.mssinc.org.au

Manning Support Services
Inc.

Phone: 02 6551 1800