Bringing Up Great Kids

Free 6-session program



Supporting each other to do the best we can.

Bringing Up Great Kids, developed by the Australian Childhood Foundation, focuses on building positive and nurturing relationships between caregivers and their children.

This **FREE 6-session program** looks at the way we parent, and why we parent as we do, with the understanding that there is no such thing as a perfect parent or child.

During the session you will:

- Learn more about the origins of your own parenting style and how it can be more effective.
- Learn more about brain development for children and how this influences their thoughts, feelings and behaviour.
- Discover how to overcome some of the obstacles getting in the way of you being the kind of caregiver you want to be.
- Discover how you can take care of yourself and find support when needed.

Starts 22nd October
10:30 am- 12:30 pm
Burnie Library,
30 Alexander Street,
Burnie

Bookings are essential.
To register or find out more information, please contact Anglicare on **1800 243 232.**

This program is funded by the Australian Government Department of Social Services.

Catholic Care TAS

COMMUNITIES FOR CHILDREN
Burnie, Tasmania

1800 243 232
anglicare-tas.org.au

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Choice, support and hope

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