



Balancing Love & Discipline

A parenting program



8 Week Course Tuesdays

February 12 — April 2

Time: 7.00pm Til 9.30pm

Venue: Familycare Offices

High st Seymour

No Cost

**New participants welcome
up to session 4**

It is very common these days for fathers to be taking a much more active role in family life. Mothers are also finding that there are more demands on their time from a financial point of view. Fathers who find themselves more involved in the parenting part of family life may also find themselves wishing for more options for dealing with the day to day issues that arise in the home.

This course is suitable for all parents who would like to meet with others to explore ways to increase their options in dealing with the various issues that parents experience while supporting and nurturing their partners and children of all ages.

Some of the topics that have been helpful in previous groups include:

- Communication
- Teaching life skills
- Issues of discipline
- What is normal for kids?
- Confronting unacceptable behaviour
- How to help your child when they are anxious, angry or upset

“Discovering that others are experiencing problems almost identical to your own somehow seems to lighten your load.”

“I can use this with my husband as well as my children.”

“Helpful, done it twice and taken away different strategies each time”



For more information or to book contact Us

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This is a free and confidential service.