# Connections



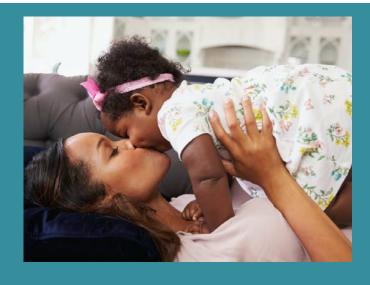
A relationship building group for mothers and young children (0-4 years) who have experienced family violence

- Have you had an experience of unhealthy relationships?
- Do you find your experience effects you as a parent?
- Would you like to learn about repairing relationships with your children?

Connections is a therapeutic group program that provides education, play and support for you and your children.

#### **Key topics include:**

- Learning about healthy relationships
- Growing up: how family violence affected us
- Recovering from the past
- Child development and behaviour
- Building self-esteem
- Positive Parenting



### **Dates**

9 weeks 5 Feb - 25 March 2024

# When

Mondays 10am - 12noon

# Where

FamilyCare
19 Welsford St
Shepparton

NOW taking expressions of interest - please call FamilyCare's Central Intake for more information

1800 161 306







