

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 affects 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

