

# 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  
10 October - 5 December**

## When

**Mondays  
10am - 12noon**

## Where

**FamilyCare  
19 Welsford St Shepparton**

**For more information contact FamilyCare's Central Intake on**

**1800 161 306**

