

Bringing Up Great Kids



Be the kind of parent you would like to be!



Learn more about

- Getting in tune with your child through mindfulness and reflection
- Understanding the why of your child's behaviour and how to bring in more calm
- Improving communication through understanding early brain development
- Ways that parents can care for themselves and find support when they need it



Wednesdays 10am-12pm
Starting 23 October - 27 November
FamilyCare, 19 Welsford Street



Register online now
or call
Central Intake 1800 161 306



QR Code to Register

For parents with children up to 12 years of age