



Richmond Community Services Inc. is pleased to be able to offer a  
**FREE 4 week ongoing group for parents/  
primary carers of children 0-12years with FREE CHILDCARE**



# Bringing Up Great Kids!

Become the parent you really want to be. This group for parents of children aged 0-12 years is an evidence-based group that uses mindfulness and reflection to support parents/carers to reflect on and enhance their interactions with their children.

In this group parents will explore:

- ◆ Origins of personal parenting styles and patterns
- ◆ Understanding messages behind children's behaviour
- ◆ How to convey messages to children effectively
- ◆ The role of relationships in children's brain development
- ◆ Self care and support options for parents

**4 x Wednesdays: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> March 2021**

**9.30am—12.30pm**

**BOOKING ESSENTIAL! 02 4588 3502**

**Email: [admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)**

**At: Richmond Neighbourhood Centre  
20 West Market Street, Richmond, NSW 2753**

