



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 Tuesdays: 9.30am—12.30pm**  
**24<sup>th</sup> & 31<sup>st</sup> July, 7<sup>th</sup> & 14<sup>th</sup> August 2018**

**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

