



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
3rd, 10th, 17th & 24th September 2019

BOOKING ESSENTIAL! 02 4588 3502

Email: admin@rcsi.ngo.org.au

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

