

BRINGING UP GREAT KIDS

Free 6 week program for parents



This 6 week program highlights the importance of parent's relationship with their children for their child's healthy brain and emotional development.

The program also reflects upon the 'messages from the past' and how we were parented as a child and how this may affect our current parenting. Other topics covered are; communication within families, self-care for parents and teaching children self-care, looking at how we cope with stress and how we can have fun as a family and pass these messages on to our children.

When:

Every Wednesday for 6 weeks
Commencing 23 October 2019
9:30 am to 12:00 pm

Where:

The Cottage
28 Croydon Street
Lakemba NSW 2195

Facilitators: Kathleen Gleeson, Child and Family Development Worker - Canterbury Earwood Caring Association Limited and Kim Dunlop, Clinical Nurse Educator - Croydon Child and Family Health Nursing

Free onsite childminding: You must book a place before the course commences.

This program is run in partnership with Canterbury Earwood Caring Association and Child and Family Health Nursing.



Health
Sydney
Local Health District

For information and bookings call Romana on 0412 270 811