

ACT for Parents



Anxiety? Depression? Addictions? Stress? Anger? Overwhelm?

A gentle group program for parents whose past, or personal struggles, impacts on the parent they would like to be.

This group will explore mindfulness, self-care, distress tolerance, and committed action. We will also discuss positive parenting.

Together we will make room for Connection, Hope, Identity, Meaning, and Empowerment.

Limited to 8 parents. All genders are welcome.

Wednesdays

during school term, starting 13th February 2018

10am to 12pm

South Penrith Neighbourhood Centre

3 Trent St, South Penrith (behind Southlands Shopping Centre)

This is an open group, (you can start at any time) but bookings are essential.

Phone: Narelle 0409 986121 Email: Parenting@nepeancommunity.org.au

For parents who are currently caring for their child/ren. Child minding is not available.



NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

Respect. Resilience. Reconciliation.

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