



BRINGING UP GREAT KIDS FOR ABORIGINAL FAMILIES



PARENTING PROGRAM

Where: Northern Women's Health Centre
7 Rose St, Wyong

Time: 10.00am to 12.30pm

Dates: Tuesday 12th February – 19th March 2019

Cost: Free

Phone: 4351 1152 bookings essential

Childcare available if pre-booked

Women Only

For Aboriginal families who have children 0 – 12 years. Bringing up Great Kids uses mindfulness and reflection to assist parents to examine and improve their communication with their children. It aims to foster respectful and positive interactions which support children's development and self-esteem.

In partnership with **Gudjagang Ngara li-dhi Aboriginal Corporation**

