

Midvale Hub Parenting Service Perth (North East)



Bringing Up Great Kids – Parenting for Good Days & Bad Days

An 8 session program for mothers who identify as living with depression

and raising children aged 3 – 10 years.

This program is a social and educational group, focussing on parenting for good days, and bad days. Learn more about:

- discovering ways to take care of themselves and find support
- overcoming some of the obstacles getting in the way of being the kind of parent you want to be
- ways to become a more reflective and mindful parent
- the origins of parenting styles and to be more effective
- identifying and communicating important messages to children and;
- understanding the meaning of children's behaviour



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| Where: | Brockman Community House 27 Hull Way, Beechboro |
| When: | Tuesday's 30 th July, 6 th , 13 th , 20 th & 27 th & August, 03 rd , 10 th , 17 th September 2019 <i>*Participants are encouraged to attend all sessions</i> |
| Time: | 10.00am – 12.30pm |
| Cost: | FREE. Registration is essential. |
| Crèche: | Bookings essential. Please contact Brockman House; (08) 9279-1588. Cost of \$5 per family, per week. |



Registration is essential. If you think this program is for you, please contact us:

Name: Midvale Hub Parenting Service Perth North-East

Telephone: (08)9290-6827

Email: parentingservice@mundaring.wa.gov.au



Supported by



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