

Does this scene look familiar?



**FREE program
for parents
and carers of
2-12 year olds**



Come along to the **Being a Parent Group**

A safe, supportive space to talk about parenting

The Being a Parent Group will support you to learn new skills and strategies to bring calm to your home.

Topics discussed include:

Looking after yourself * Bonding * Communication * Discipline

**When: Every Friday from 29 Jan to 26 March
9.30-11.30am**

Where: Darius Wells Library & Resource Centre

For more information or to book phone 9439 1838 or use QR code above
Creche available - bookings with Toddler Town creche essential



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