

# bringing up great kids

Would you like to understand why your **child** behaves the way they do?

Are you interested in knowing more about why you **parent** the way you do?

Would you like to explore how to enhance your parenting and relationship with your child?

Bringing up Great Kids (BUGK) is a program that uses mindfulness and reflection to support parents / cares of children as they review and enhance their patterns of communication with their children.

The BUGK Program supports parents as they explore what influences their parenting practices, and the messages they're passing onto their children.

The program aims to work with parents as they establish a new relationship context with their children.

**For more information or to register, please contact Pam Williams on 9871 2631 or Amanda Jenkins on 9871 1802**

<b>Who</b>	Parents / Carers of children Aged 0-10 years
<b>Where</b>	EACH 14 Silver Grove Nunawading, 3131
<b>When</b>	Thursdays 17 <sup>th</sup> August – 7 <sup>th</sup> September 2017 (4 Consecutive weeks)
<b>Time</b>	10.00am-12.30pm
<b>Cost</b>	Free (Morning tea provided) *Sorry no child minding available

This program is funded by the City of Whitehorse.

**each**  
social and community health

**main office**  
building 2, 254 canterbury road bayswater vic 3153  
t 1300 00 EACH (1300 00 3224)  
f 03 9876 0100  
e info@each.com.au each.com.au

**each**