

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 / carers 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 Sandra Fawcett on 9871 1802 (Wed – Fridays)

Who Parents / Carers of children aged 0-10 years

Where EACH
14 Silver Grove
Nunawading, 3131

When Thursdays
1st March – 22nd March 2018
(4 Consecutive weeks)

Time 7.00 - 9.00pm

Cost Free
(Tea/coffee/snacks provided)

*Sorry no child minding available

This program is funded by the City of Whitehorse.