



## ONLINE -Bringing Up Great Kids

This 6 week program run by Gateway Health aims to help parents of children 2 - 12 years of age to learn positive respectful ways to parent and relate to their children.

Topics include:

- **Myself as a parent**
- **Parenting styles**
- **Helping children manage strong feelings**
- **Learning about your children's needs**
- **Ways to create a positive relationship with your child**
- **Coping with the ups and downs of parenting**
- **Self care and moving forward**



Online via  
**ZOOM**

**Time: 10am to 12pm**



Tuesdays  
3rd November to 8th  
December 2020

What do I pay?

**FREE**



**Bookings Essential**

To book or ask a  
question contact the  
Intake Team

**Ph: (02) 6022 8888**