

BRINGING UP GREAT KIDS

FOR ABORIGINAL AND TORRES STRAIT ISLANDER FAMILIES

6 WEEK PARENTING PROGRAM FOR PARENTS OR CARERS IMPACTED BY FAMILY VIOLENCE

- Bringing up Great Kids Parenting Program aims to support parents/carers to be their best and assist them in growing children to be safe, strong and healthy.
- The program focuses on building strong connections and relationships based on mutual respect, deeper understanding, mindful awareness and effective communication.
- It is an opportunity for parents/carers to share stories and experiences; learn about children's brain development; understand more about children's behaviour and learn helpful ways to respond so their children will listen and cooperate more.
- We will also consider what can get in the way of healthy parent-child relationships, including things like stress, trauma and violence.
- The group experience will support parents/carers to integrate their own stories of being parented, make sense of their own personal trauma experiences and gain a deeper understanding of their family of origin and wider cultural story.
- Parents/carers will be assisted to cope with the inevitable stress that comes with looking after kids, including supporting them to care for and have compassion towards themselves to be the best parents/carers they can be.



Locations & Times

Boorndawan Willam
Aboriginal Healing Service
289 Swansea Rd Lilydale

Starting Wednesday 21st
Feb
12pm – 2:30pm
Lunch Provided at 12pm



Healesville

Location to be confirmed.

Starting Tuesday 20th Feb
10am – 12:30pm
Morning Tea Provided

***Co-facilitated by Boorndawan Willam Aboriginal
Healing Service and the Australian Childhood
Foundation***



BOORNDAWAN WILLAM
ABORIGINAL HEALING SERVICE



