



# Parenting Workshops

Come along to these five **Parents Building Solutions** workshops to learn strategies, share stories and take some time out for you!

**Where:**

Central Ringwood Community Centre, Bedford Park, Rosewarne Lane (via Bedford Road), Ringwood

**Cost:**

Free of charge. Bookings essential.

**Bookings:**

Sharon Muir on 0438 683 049  
[sharon.muir@anglicarevic.org.au](mailto:sharon.muir@anglicarevic.org.au)

**Discipline vs Punishment**

Wednesday 1st August 12:30 to 2:30 pm  
What is discipline? Why punishment doesn't work?

**Managing Behaviour**

Wednesday 8th August 12:30 to 2:30 pm  
Why do children behave the way they do?

**Rules and Consequences**

Wednesday 15th August 12:30 to 2:30 pm  
How can we develop positive rules and consequences that work?

**Dealing with Feelings**

Wednesday 22nd August 12:30 to 2:30 pm  
How can you build your child's emotional intelligence?

**Resilience**

Wednesday 29th August 12:30 to 2:30 pm  
How can we teach children to handle the tough stuff in life?