



Surviving Parenthood:

Building Connections

What is discipline?

Why doesn't punishment work?

Do you want to:

- Help you and your child cope with change in a chaotic world?
- Establish positive relationships with your children?
- Develop strategies to manage anger?
- Talk so your kids will listen?

Come along and learn strategies,
share stories and take some time out
for you!

When:

Wednesday 24th October - 28th
November (6 sessions)

Time:

7.00pm - 9.30pm

Where:

Bayswater West Primary School
Phyllis St, Bayswater

Cost:

Free of charge. Bookings essential.

Bookings:

Julia at Parentzone 9735 6190
or 0400 866 495