



# Surviving Parenthood

A Parents Building Solutions Program for parents of children 3 to 13 years

Do you want to:

- Do you wonder what is the difference between punishment and discipline?
- Why do kids choose the behaviours they do???
- Want to help your child deal with the tough stuff?
- Develop strategies to manage anger?

Come along to these 5 sessions to learn strategies, share stories and take some time out for you!

**When:**

Thursday 31 May - 28 June  
(5 sessions)

**Time:**

10:00 am to 12:00 pm

**Where:**

Anglicare  
47 Castella Street, Lilydale

**Cost:**

Free of charge. Bookings essential.

**Bookings:**

Helena at Parentzone 9735 6134  
or 0488 501 204