

# Midvale Hub Parenting Service Perth (North East)



## Bringing Up Great Kids – Parenting After Family Violence

Bringing Up Great Kids: Parenting after Family Violence is a mindful, reflective and respectful program for parents and carers. BUGK: Parenting after Family Violence provides an opportunity for families to go on a journey together learning from each other.

BUGK: Parenting after Family Violence supports parents to:

- Understand how family violence affects parenting and relationships with children and how it can be more effective;
- Identify and deliver the important messages they want to convey to their children;
- Learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- Understand and respond to the meaning behind their children's behaviour;
- Discover ways for parents to take care of themselves and to find support when needed.
- Understand their inner strengths and courage.



<b>Where:</b>	<b>Swan View Youth Centre</b> Salisbury Road, Swan View
<b>When:</b>	Tuesdays 16, 23 February & 02, 09, 16, 23, 30 March, 2021 <i>*Participants must be able to attend all 7 sessions</i>
<b>Time:</b>	10.00am – 12 noon
<b>Cost:</b>	<b>FREE</b> – Registration is essential
<b>Crèche:</b>	Not available for this program

**For more information and to  
register, please contact:**

Name: Midvale Hub Parenting Service (Perth North East)  
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Supported by



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