This is a free six-week program that gives parents the tools they need to strengthen their relationships with their children.

It will assist parents to:

- meet other parents
- learn ways to help manage emotions such as anger/frustration
- strengthen relationships with their children, creating a longer lasting bond
- gain new ideas on managing their children’s tricky behaviour
- increase play and fun activities with their children
- reduce stress from parenting

Fridays, 10:00am to 1:00pm
20 February – 27 March 2015

Venue: Interrelate
5 Market Street, Lismore NSW 2480

For information and to reserve a place, call Belinda Keech at Interrelate:

phone: 6623 2750  |  mobile: 0475 817 383
email: belinda.keech@interrelate.org.au

Sponsored by the YWCA Communities for Children Project.