

# Bringing up Great Kids FREE workshop

Wanslea's Children and Parenting Support program is running a 6 week workshop for mothers and fathers raising children aged 0-12 years to help:

- Understand your child's behaviour and how to best support them
- Identify and communicate important messages to your child effectively

**When:** Tuesdays  
9.30am - 12pm  
17 October  
24 October  
31 October  
7 November  
14 November  
21 November

**Where:** Stirling Leisure Centres -  
Herb Graham  
38 Ashbury Cres.  
Mirrabooka



Supported  
by Stirling



This workshop is run by Wanslea with support from the City of Stirling and in partnership with Australian Childhood Foundation.



# Program Details



## About the program:

Bringing Up Great Kids is an evidence based reflective parenting program developed by the Australian Childhood Foundation. Wanslea are offering this program to support parents raising children aged 0-12 years of age. Bringing Up Great Kids is run in a group environment to support you to:

- Learn about your parenting style and how it can be more effective
- Identify the important messages you want to convey to the children in your care and how to achieve this
- Learn more about brain development in children and how this influences their thoughts, feelings and behaviour
- Understand the meaning of children's behaviour
- Work out how to overcome some of the obstacles getting in the way of being the kind of parent you would like to be
- Discover ways to take care of yourself and find support when you need it

Please ensure you are available to attend all 6 group sessions as each session builds upon the previous one. You will receive a certificate to recognise your completion of the course.

## Location:

Stirling Leisure Centres - Herb Graham, 38 Ashbury Crescent, Mirrabooka.

## Registration:

Places are limited, so please register via [cps@wanslea.org.au](mailto:cps@wanslea.org.au) with your name and contact number before 26 September.

