



Parenting After Family Violence Term 2 2023

A FREE nurturing, empowering and kind program for mothers/ female caregivers who have experienced domestic abuse, violence or disrespect in relationships.

Learning outcomes:

Parenting After Family violence can help you to:

- Understand how family violence affects parents' relationships with their children.
- Learn more about brain development in children and how this influences their thoughts, feelings and behaviour.
- Understand the meaning behind behaviours, and how to respond to children's underlying feelings and needs.
- Learn about your parenting wisdom, strength and courage.
- Connect with other parents who understand.

About this **FREE** program:

- This group is facilitated by two fully accredited and qualified female workers
- Individual Assessment Dates: *Tuesday 2nd May & Thursday 4th May 2023*

When: Tuesdays weekly 9th May - 20th June

- **Week 1:** 9th May 2023
- **Week 2:** 16th May
- **Week 3:** 23rd May
- **Week 4:** 30th May
- **Week 5:** 6th June
- **Week 6:** 13th June
- **Week 7:** 20th June 2023

Commitment to attending ALL sessions is expected.

Time: 10am - 12pm

Where: Location in Penrith, address to be sent via SMS to participants one week before the first session. Child minding available on request only.

Please note that This is not a counselling group or behavioural management course for children.

PLACES LIMITED. REGISTRATION ESSENTIAL.

Contact Monica for all enquiries on 0437 699 019 or parenting@nepeancommunity.org.au



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