

INDIGENOUS PEACEFUL PARENTS



Indigenous Peaceful Parents is a Mindfulness and Positive Psychology based program to increase resilience in primary aged children.

Peaceful Parents is a strengths-based parenting program that is engaging, practical and supportive for parents. It helps parents to draw on their parenting strengths to build resilient and calm kids.

Parents Learn:

- Effective coping strategies
- Practical mindfulness to keep stress levels low
- Positive psychology strategies to boost wellbeing
- Healthy thinking habits
- How to help children manage their feelings
- Techniques to help their child lessen worries
- How to help children problem solve difficulties

About this program:

Free 4-week group program for caregivers of babies, toddlers & children Workbook and certificate of completion included.

When: Thursdays 7th March to 28th March 2024

Week 1: Thursday 7th March 2024

Week 2: Thursday 14th March 2024

Week 3: Thursday 21st March 2024

Week 4: Thursday 28th March 2024

Time: 9.30 - 11.30am (2 hours)

Venue: Braddock Public School Hub

Morning tea provided. Call Amy to book – details below.

Contact Amy for all enquiries on 0477 004 773 or amy@nepeancommunity.org.au