



PARENTING AFTER FAMILY VIOLENCE

PARENTS BUILDING SOLUTIONS

THIS IS A PROGRAM FOR PARENTS WHO HAVE EXPERIENCED FAMILY VIOLENCE

Cranbourne Communities for Children Initiative is funded by the Australian Government

Would it be helpful to explore strategies to respond in a trauma-informed way to your child(ren)'s challenging behaviours?

Would you like to:

- Re-establish trust in your family?
- Improve your relationship with your children?
- Improve communication in your family?
- Explore strategies for responding to big feelings?
- Help your children understand rules and establish boundaries?
- Explore strategies to respond to other parenting challenges?

The program will be co-designed with participating parents, based upon their parenting goals.

The program is open to parents of all genders who have experienced family violence.

***DID YOU KNOW:** You can take time off work to attend under the new Family Violence leave entitlements?*



DATE: Wednesdays, 18th February to 25th March (six sessions)

TIME: 10.00 a.m. - 12.00 p.m.

WHERE: Online.

COST: FREE!

Limited spaces available. Preference will be given to parents or carers residing in the Cranbourne, Clyde, Clyde North and Botanic Ridge areas, but all interested parents are invited to enquire.

For more information, to explore if this program is appropriate for you, or to discuss registration, please contact:

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PARENTZONE