



Positive Parenting Strategies

Surviving the Holiday Season - presented by Parentzone in collaboration with PRONIA

PARENTS BUILDING SOLUTIONS

Being a parent or carer can be wonderful, but it comes with its challenges!

And the summer holidays and celebrations can be a wonderful time of the year spent with family and friends, enjoying beautiful summer weather, but can also be a very stressful time juggling our parenting and work commitments.

These sessions will aim to explore helpful strategies for balancing our caring and work responsibilities, setting appropriate boundaries and giving ourselves permission to do what we need to do to care for ourselves and others.

NOTE: These parenting sessions are general in nature, and seek to create an environment where parents are learning from one another. We aim to equip parents with transferrable knowledge and skills.

When: Monday, 9th November (Session 1)
Monday, 23rd November (Session 2)
Time: 12.15 p.m. - 1.30 p.m.
Place: Online (Zoom)
Cost: FREE!
Contact: Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au



To Register, scan QR code or click the link below:

<https://events.humanitix.com/positive-parenting-strategies-t4-2026>

Registrations close at 4.00 p.m. the day before the first session