

Bringing Up Great Kids



The Pathways to Resilience team is pleased to offer **Bringing Up Great Kids**. BUGK is a reflective and mindful 5-week program providing parents/carers with the opportunity to reflect on their own unique parenting journey, in a safe and supportive online group space.

What is the program about?

Bringing Up Great Kids supports parents and carers of children ages 3 – 11 to:

- *appreciate how to welcome safety, respect, care and love into their relationships with their children;*
- *discover ways to take care of themselves as parents/carers & find support when they need it.*
- *understand the meaning of children's behaviour and what may be influencing it from their experience of trauma/violence;*
- *learn more about brain development in children & its influence on their thoughts, feelings & behaviour;*
- *explore new ways of responding to, and communicating with their children;*

WHEN: Every Thursday starting 21st May until the 18th of June

TIME: 9.30am- 11.30am

WHERE: Online

For all referrals, please email Brooke Tregenza @ ACF: btregenza@childhood.org

*All referrals must have a service actively supporting them for the duration of the 5-week group