



Bringing Up Great Kids

(Narre Warren)

***Bringing Up Great Kids (BUGK)* is a free 6-week program designed to help parents and carers of children aged 2–12 build stronger, more meaningful relationships with their kids.**

Discover mindful parenting tools to better understand your child's needs, manage everyday challenges, and strengthen family bonds.

What You'll Learn:

Understand your child's world:

Gain insights into brain development and what drives child behaviour.

Improve communication:

Learn mindful, calm ways to connect and respond to your child.

Refine your parenting style:

Reflect on what shapes your parenting and overcome daily challenges.

Prioritise self-care:

Build strategies to support your own wellbeing alongside your family's.



Please note: Open to parents/carers (50%+ custody) in Casey, Cardinia, and Greater Dandenong. To keep this a dedicated space for parents to connect and focus on themselves, children are unable to attend.

COST

Free
(Registration essential)

DATES

Wednesdays (6 sessions)
Oct 21, 28 | Nov 4, 11, 18, 25

TIME

10:00 am – 12:30 pm

VENUE

Uniting Narre Warren
55 Webb Street,
Narre Warren VIC

REGISTER HERE



<https://bit.ly/4qRWDZR>

ENQUIRIES

(03) 9704 8377
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