

# Bringing Up Great Kids Parenting Program



Anglicare CQ - Targeted Family Support Program (Rockhampton) will be running a Bringing Up Great Kids Parenting Group from 6 October to 10 November 2021.

Bringing Up Great Kids (developed by the Australian Childhood Foundation) is a reflective, mindful and respectful program that provides parents with an opportunity to reflect on their parenting journey.

Bringing Up Great Kids provides a friendly and safe environment for parents to learn from each other as they continue their parenting journey.

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*The Bringing Up Great Kids program supports parents and carers to:*

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- ✓ learn more about the origins of their own parenting style and how it can be more effective;
- ✓ identify the important messages they want to convey to their children and how to achieve this;
- ✓ learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- ✓ understand the meaning behind children's behaviours, and how to respond to children's underlying feelings and needs;
- ✓ explore new ways of communicating with children;
- ✓ discover ways for parents to take care of themselves and to find support when they need it.

## 6 Sessions – Wednesdays

6, 13, 20, 27 October &  
3 & 10 November 2021  
10am – 12.30 pm

### **Closed Group - Limited Places**

Intake appointment required  
prior to registering

For further information,  
eligibility requirements & referral,  
please contact Rhonda on  
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[rnoyes@anglicarecq.org.au](mailto:rnoyes@anglicarecq.org.au)