



# Bringing Up Great Kids

## 6 week Parenting Program

**Come and yarn about parenting, reflect on you and your child and learn some helpful ways to relax and cope when things get hard.**

**“...Children and parents learn from each other. The more we can understand children, the more we can help them grow and develop”.**

[www.bringingupgreatkids.org](http://www.bringingupgreatkids.org)

**“Looking after yourself helps you look after your child”**

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To find out when the next ***Bringing Up Great Kids*** program will start, please contact Family Services Coordinator Samantha Tonkin  
**8625 2294**

Aboriginal Children and Family Centres have a strong focus on supporting Aboriginal families with young children to provide the best possible start in life