

**Small changes,
Big differences.**



Mental Health and Parenting Program

Are you living on the Central Coast, parenting or caring for **children 2 –12 years old**? Have you experienced Mental Health Problems? Would you like to develop a better relationship with your children, as well as learn some different strategies to assist in your parenting role? Then this program may interest you.

Aim of program ***To make parenting easier and more enjoyable***

The program offers suggestions, ideas and practice around positive parenting techniques. There is no single “right way” to parent. In this group we will be discussing a variety of ideas and strategies.

Topics covered

- ***Positive Parenting – What is it?***
- ***Possible Causes of Child Behaviour Problems***
- ***Mental Health and Parenting***
- ***Developing Positive Relationships with Children***
- ***Supporting Children’s Development***
- ***Managing Misbehaviour***
- ***Developing Family plans***

The program is **FREE** and consists of **six weekly group sessions** (3 hours) and **four individual follow up home visits** to help implement new strategies. **The program runs each school term in either the Gosford or Wyong area.**

OUR NEXT GROUP:

Dates: **Thursdays 11th February – 17th March 2016**

Time: **10.00am – 1.00pm**

Where: **Level 2**

4 Watt Street

Gosford 2250 (opposite Centrelink)

Places are limited and booking is essential.

FOR MORE INFORMATION OR TO BOOK INTO ONE OF OUR GROUPS, CALL:

Ruth Phelan 4328 7350 OR Joanna Heap 4328 7350

Children & Young People’s Mental Health