Eastlakes Family Support presents …

Parenting with Wisdom

What is wise parenting?

Wise parenting is about being in the right frame of mind to make good choices in your parenting. This course will look at the following topics …

- Self Awareness
- Mastering Emotions and Thoughts
- Being fully present with your Kids
- Seeing the Big Picture
- Motivation
- Social Skills
- Boundaries

This six week course will explore these topics in more depth and will demonstrate how developing your inner wisdom can strengthen your parenting!

When: Commencing Friday 14th February 2014 (For 6 weeks)

Where: Eastlakes Family Support Service,
14 Hickory Rd, Gateshead

Time: 10.30 am—12.30 pm

Facilitators: Steve and Jo

To Book: Phone 4943 9255

Childcare Provided Free of Charge—Booking Essential

A Program of Eastlakes Family Support Service