

Black Box Parenting



WHEN

Tuesdays
10am - 12pm

DATES

12th August to
9th September
2025

WHERE

2 High Street
Waratah
Awabakal and Worimi
Country

Group sessions on Tuesdays and individual phone sessions Fridays

Discussions will include:

- How the past affects how we parent
- Lessening shame & increasing connection with children
- Connecting with children through play & listening
- Managing your own & your child's behaviour with more compassion
- Looking after ourselves



To register or enquire please call Mark on
0491 060 916 or 49 263 577