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# Building Community & Leadership in Families

A 4-week intensive group workshop for parents to find ways to...

- manage strong feelings such as anger and fear
- communicate effectively in difficult situations
- handle conflict without losing it
- become a nonviolent parent and partner



**Where:** Adamstown Bowling Club, 504 Glebe Rd., Adamstown, NSW

**When:** 9:30am – 2:30pm, every Monday, over 4 weeks, starting 24 FEB to 16 MAR 2020

Please contact **4926 3577** to register or email [newcastleworkshops@avp.org.au](mailto:newcastleworkshops@avp.org.au) for more information.



Family Support Newcastle  
*your family, our community*



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