



Family Support Newcastle
your future, our community

Family Support Newcastle and CALM invite parents and caregivers living in Newcastle, Lake Macquarie, and the Lower Hunter to this FREE group:



Black Box Parenting



WHEN

Fridays
10am - 12pm

DATES

1st May to
26th June

WHERE

275 Fishery Point
Road
Bonnells Bay
Awabakal Country

Involves 5 face to face group sessions and 4 individual sessions (phone or in person)

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 call Shannon on 0490 104 587
or email Shannon@calm.org.au



The Family Relationships and Skills program is funded by the Australian Government through Family Support Newcastle

