

**Small changes,
Big differences.**



Mental Health and Parenting Program

Are you living on the Central Coast, parenting or caring for **children 2 –10 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:

Begins: Tuesday 7th February 2012

Time: 10am – 1pm

**Where: Children & Young People’s Mental Health
Suite 1 Level 2 Gateway Centre
Gosford (opposite Gosford Railway Station)**

Places are limited and booking in is essential.

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

**CALL: Ruth Phelan 4304 7819
Children & Young People’s Mental Health**