

The Fast Five

Parenting tips that really work

This two-hour workshop collects key concepts from current Australian research into effective parenting strategies. The workshop brings five key parenting activities designed to:

- ★ Cut through unnecessary parenting information ★
- ★ Provide strategies to assist improve children's behaviour, problem solving skills and emotional regulation ★
- ★ Improve the child/parent relationship ★

Time: 10:00am – 12:00pm

Date: Thursday 12 October 2023

Venue: Centacare
45 Wakefield St, Adelaide



Bookings are essential, please contact Centacare on 8215 6700 or email your details to: registrations@centacare.org.au

Children cannot be present at this course. No crèche available.

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