

**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 the Wyong area.**
(access by train or parking available behind building 2nd driveway off River Road)

Places are limited and booking is essential.

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

Joanna Heap 4304 7878 OR Ruth Phelan 4304 7878

For the dates and times of the next available group

Run by the Children & Young People's Mental Health service,

Central Coast Local Health District