



Advocating Positive Parenting

Build a healthy relationship with your child, based on empathy, respect, understanding and boundaries.

Learn how to raise confident, independent and happy children by breaking free from unrealistic expectations of perfection by exploring mindful strategies and practical tools.

2 consecutive Thursdays
6 & 13 November
10am - 12pm

At Livable:
11 Kemp St.
Grafton NSW

Livable events are FREE and
childcare is available at no cost.



BOOKINGS ESSENTIAL

1800 289 927 **LIVABLE.ORG.AU/EVENTS**

Livable Family and Relationship Services is funded by the Department of Social Services.

