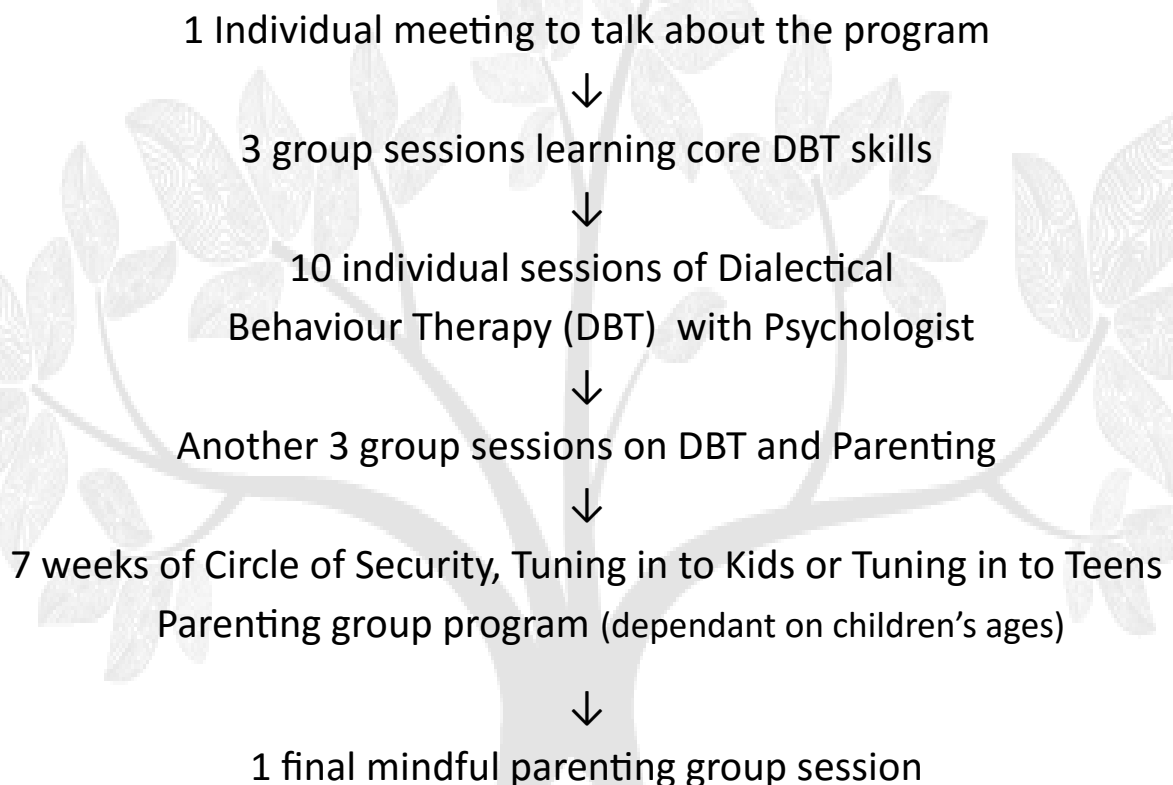


MINDFUL PARENTING

A 25 week program for parents living with “distress, insecurity, impulsiveness, confusion and black & white thinking”.

Structure of Program

Parents attend:



Child care and transport can be provided.

The program is free.

To participate parents will need to see their GP for a Mental Health Treatment Plan and have an individual caseworker.

Each program is limited to 6 participants. **Caseworker** to phone **49874674** to book in.