



Supporting Parents:

A workshop for parents of Primary School aged children

When: Monday 12th September 2022 6.30-830pm

Where: The Garden Medical Centre, Murdoch

Cost: \$50 plus GST

Facilitators: Paul Jeffery, Michelle La Puma, Senior Clinical Psychologists

Aims of the evening:

- **Education around common helpful parenting methods**
- **Practical strategies to take away and try**
- **Identifying your values as a parent and how you can parent in a way that aligns with these**
- **Connecting with fellow parents and problem solving together**

