



## PARENTS BUILDING SOLUTIONS

**A free 6 week program for parents and carers of primary school aged children**

**Share experiences and ideas and learn strategies to support your children**

### FREE 6 week program

How to get kids to listen without yelling

Understand why children behave the way they do

Helping parents and kids deal with frustration and anger

**Dates:** Wednesdays  
16, 23, 30 August,  
5, 13, 20 September

**Times:** 9.30 – 11.30am

**Where:** Karingal Primary School,  
Mallum Avenue Frankston

To book - Michelle Brown, Parent Resource  
Co-ordinator on 0429 174 150 or  
[michelle.brown@anglicarevic.org.au](mailto:michelle.brown@anglicarevic.org.au)