



## Parents Building Solutions

**FREE 4 Week program for mums who've been impacted by family violence to have a "virtual cuppa" and talk about their kids.**

- Are you dealing with the after-effects of family violence?
- Does your child's anger or anxiety worry you?
- Can you identify the warning signs in a new relationship?
- Do contact visits unsettle your child?
- Do you feel alone?

**DATES:** Tuesdays - November 8th to 29th

**TIME:** 12:30pm - 2:30pm

**WHERE:** ONLINE

**COST:** Free! Bookings are essential.

**PARENTZONE**

**All enquiries contact - Erin Surrey**

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