The Pathways to Resilience team is pleased to offer **Bringing Up Great Kids**. BUGK is a reflective and mindful 6 week program providing parents/carers with the opportunity to reflect on their own unique parenting journey, in a safe and supportive online group space.

**WHEN:** Every Thursday starting 15th February until the 21st March

**TIME:** 10am- 12pm

**WHERE:** Online

**Bringing**

**Up**

**Great**

**Kids**

**What is the program about?**

**Bringing Up Great Kids supports parents and carers of children ages 3 – 11 to:**

* *appreciate how to welcome safety, respect, care and love into their relationships with their children;*
* *discover ways to take care of themselves as parents/carers & find support when they need it.*
* *understand the meaning of children’s behaviour and what may be influencing it from their experience of trauma/violence;*
* *learn more about brain development in children & its influence on their thoughts, feelings & behaviour;*
* *explore new ways of responding to, and communicating with their children;*

**For all referrals, please email Brooke Tregenza @ ACF: btregenza@childhood.org**

**\*All referrals must have a service actively supporting them for the duration of the 6-week group**