



Parenting After Family Violence

A program for parents who have experienced family violence

PARENTS BUILDING SOLUTIONS

Would you like to:

- Re-establish trust in your family
- Improve your relationship with your children
- Improve communication in your family
- Explore strategies for responding to big feelings
- Help your children understand rules and establish boundaries
- Explore strategies to respond to other parenting challenges

The program will be co-designed with parents, based upon their parenting goals.

DID YOU KNOW: You can take time off work to attend under the new Family Violence leave entitlements?

When: Wednesdays, 6-sessions
14th October - 18th November 2026

Time: 12.00pm - 2.00pm

Place: Online via ZOOM

Cost: FREE (bookings essential)

Contact: Carey Cole - 0437 428 281
carey.cole@anglicarevic.org.au

This program is open to parents of all genders. Limited spaces available. Preference will be given to parents or carers residing in Clyde, Clyde North, Botanic Ridge and Cranbourne, but all interested parents are invited to enquire.