



BUOYANT PARENTING

FIVE 3 HR SESSIONS

Community Partnerships Unit invites you to attend this program that assists parents to lead and guide their family like a skipper steers a ship through the rapids of life!

LEARN

- How to raise children's self-esteem
- How to improve communication skills and to manage anger
- How to reduce stress levels, establish boundaries
- How to use consequential parenting and appropriate discipline
- How to assist children experiencing grief and loss
- How to assist children to set short and long term goals

Where:	Yeppoon
When:	May - Tues 20 & 27 June - Tue 3,10 & 17
Venue:	Community Development Centre 80 John Street, Yeppoon
RSVP:	Tues 22 Apr
Cost:	Free
Time:	9:30am-12:30 pm



To register for any of the above session please email to registrations@centacare.net
or Phone 1300 523 985,
49133849