



ALCOHOL & OTHER DRUGS

BRINGING UP GREAT KIDS

How we can help

Odyssey House Community Services offers Bringing Up Great Kids support group.

This group is designed to assist parents recovering from alcohol and/or drug issues by providing positive parenting education.

Participants will increase skills to become more reflective in their parenting approach, as the group supports caring and nurturing relationships between parents and children.

Contact our Assessment Team to secure your position in this free program.

Find out more

Group participants will learn skills and receive support with:

- Your parenting styles and techniques
- Mindfulness: self-care and support
- The message centre of the brain
- Child's brain - Parents brain
- How to respond to behaviours
- Stages of development
- Recognising strengths in your children
- Age appropriate language and tones of voice

When

10.00 am to 12.00 pm / Tuesdays

2nd October 2018 to 30th October 2018 / 4 week duration

Where

Level 3, 83 Fluschombe Road Blacktown, NSW, 2148

Community Services: 1800 397 739

T: 02 9622 7511 / F: 02 9831 7337

E: csws@odysseyhouse.com.au / W: www.odysseyhouse.com.au

This service is funded by the Primary Health Network through the Australian Government



Community Services