



ALCOHOL & OTHER DRUGS

BRINGING UP GREAT KIDS

How we can help

Odyssey House Community Services offer the 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 on 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
- Childs brain - Parents brain
- How to respond to behaviours
- Stages of development
- Recognising strengths in your children
- Age appropriate language and tones of voice

When

9:30 am to 02.30 pm / Monday and Thursday
4th & 7th March 2019 / Two Day Program

Where

24 Olga Street, Chatswood NSW 2066

Community Services

T: 1800 397 739

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

This service is funded by Club Grants and the NSW Government.



ODYSSEY HOUSE
NEW SOUTH WALES

Community Services