



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 through provision of a positive parenting educational program.

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? Program delivered in two parts 10am to 3pm on 2 days:

Stage 1 Monday 25th March 2019 **Stage 2** Friday 29th March 2019

Repeated again:

Stage 1 Monday 29th April 2019 **Stage 2** Friday 3rd May 2019

Where? Available in both Redfern and Canterbury

Odyssey House NSW Community Services

Suite 2/199 Regent Street, Redfern

Or

Unit 3 / 190-192 Canterbury Road, Canterbury

Contact Community Services

for an assessment on 1800 397 739 press 2



ODYSSEY HOUSE
NEW SOUTH WALES

Community Services