



Bringing Up Great Kids

6 week program that helps parents build positive and respectful relationships with their children.



**Term 4
2026**

ONLINE

This six week program uses ideas of mindfulness and reflection to support parents to review and enhance their patterns of communication with their children (0-12) and teaches self-care strategies.

It promotes respectful interactions and encourages the development of children's positive self-identity.

By the end of the program parents will:

- Know how to build positive and respectful relationships with their children
- Identify how to respond to their children's needs
- Understand their parenting styles
- Understand the messages they give and receive

REGISTER NOW 



Program details

Where: ONLINE

When: Mondays
2nd Nov - 7th Dec
7:00pm - 8:30pm

Cost: FREE for residents of
Penrith & Blue Mtns LGA

**For more information or to
register via our website:**

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.

