DISCOVER HOW TO PROMOTE YOUR FAMILY’S GROWTH AND WELLBEING

Join us for a 4-week course about the key concepts of Positive Psychology and learn how you can use them in your parenting.

Learn about current research and practical skills that will help you and your family:

- Promote resilience
- Increase awareness of character strengths
- Nurture and sustain positive relationships
- Give effective feedback and support individual growth
- Explore your family values and shared goals

TUESDAYS 22 Oct, 29 Oct, 5 Nov, & 12 Nov

Time: 7.00 - 9.00pm

Register your interest at regionalparenting@geelongcity.vic.gov.au