



Be the parent you always wanted to be

Your Parenting ACT

A five-week course for parents of school-aged children

Parenting can be both a joy and very hard work.

And things get in the way of us being the parents we want to be. Sometimes they are things outside us, but more often they are our own thoughts and feelings. They might be thoughts about ourselves, about our children, about our parenting, or about what others think about our parenting.

Your Parenting ACT is a 5 week experiential course designed to help you parent in line with your own values. It uses principles from ACT — Acceptance and Commitment Therapy — to help you make room for all your thoughts and feelings, so you can respond flexibly to your parenting demands. ACT uses acceptance, mindfulness and behavioural strategies to help people pursue what matters most to them, including being the parent they want to be.

To find out more or to book this course, ring or email me with any questions.

I look forward to hearing from you!

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The course will be held at
St Luke's Centre,
34 Pitt St, Wadestown in the downstairs Lower Hall.
Total cost over the five weeks: \$160
Monday the 26th of February from 7:00pm to 9:00pm
5th, 12th, 19th, 26th of March from 7:00pm to 9:00pm



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