What you ultimately want is for your children to be happy!

The number of challenges parents face every day when trying to raise their kids, connect with them and give them the best opportunities in life, is staggering.

We want them to be able to enjoy school and get along with their peers and cope with the myriad of challenges on their journey?

And, we can’t stand the thought of them struggling through life, feeling left out or suffering from anxiety and depression.

Introducing ...

The HeArt of Parenting is a positive psychology-based, self-worth program for parents that incorporate success principals for life, coaching strategies and mindfulness.

Specifically developed for parents, each 2 hour session focuses on a single topic and is strategically designed to help parents raise great kids, easily and effortlessly. Over 6 week, this small group program is available to parents in either daily or evening time slots.

The aim is to help parents become the best version of themselves in order to help their children and families also thrive. For our children to be Happy, we need to be Happy.

How much longer are you going to wait?

Don’t wait until it’s too late...Book your place today...
Starts Wednesday 27th April 10-12pm or Monday 2nd May 7-9pm
@ Fish Creek

For more information, please contact Megan Vuillermin on 0419 878 402 or email m_vuillermin@bigpond.com