



Parenting Side by Side in Australia

This course is especially for parents who have moved to Australia from another country and will help them to maintain their culture whilst parenting their children in Australia.

Parents are encouraged to attend all 4 sessions. The classes will be interactive, practical and will include the following topics:

- **Exploring Culture** – identifying the similarities and differences between your “country of origin” and “Aussie” culture, helping to maintain traditions and celebrations while embracing some new “Aussie” cultural practices.
- **Exploring Parenting** – introduction to parenting styles and emotion coaching.
- **Remaining Flexible** – culture and traditions in the context of school expectations and government laws.
- **Exploring Resilience** – learning to manage stress and building resilience through connecting to community.

Date: 30 Aug - 20 Sept, Fridays (4 weeks) **Time:** 10.30am-1pm

Venue: Level 2A, 40 Raymond Street, Bankstown

Cost: Free (morning tea provided)

Bookings for this program and for childcare is essential.

Contact: Eunice on phone: 9790 0580 or email: mcdp@tmn.net.au.

