



FREE PARENT EVENT

HAPPY KIDS HAPPY FAMILIES

**How to raise resilient children
in today's world**

THIS EVENT IS A KIDS FIRST COMMUNITY SERVICE SEMINAR

TICKETS ARE ABSOLUTELY **FREE**, HOWEVER PLACES ARE LIMITED.
BOOKINGS ARE **ESSENTIAL**

To reserve your place, book on-line at
www.kids-first.com.au

Or call Kids First now on
9938 5419



LEVEL 1, 527 PITTWATER ROAD,
BROOKVALE NSW 2100
PHONE: 9938 5419
ENQUIRIES@KIDS-FIRST.COM.AU

ARE YOU CONCERNED ABOUT:

- Frequently raised voices?
- Problem behaviours that just don't seem to be resolving?
- The stress of juggling your role as a parent with other responsibilities?
- Conflict with other adults in your child's life?
- Guilt about all the things you feel you're not doing well enough for your kids

Then join us for Kids First's next free Community Service Seminar. At this special, two hour workshop for parents, carers, family members and teachers, experienced psychologist Kate Kartikeyan will share simple, successful strategies that are relevant to families of all shapes, sizes and compositions. No matter how you parent your children – or who you share your parenting responsibilities with – Kate's practical steps for making meaningful memories, building resilience and forming unbreakable bonds with your kids are not to be missed.

**DON'T DELAY – THIS EVENT IS
ALREADY FILLING FAST!**

DATE AND VENUE

**TUESDAY
20 August 2019
7pm – 9pm**

The Chairman's Club
Brookvale Oval
Alfred Street Brookvale

Located in the Ken Arthurson Stand.
Enter via main gate on Alfred Street.
Ample parking available