

Black Box Parenting Program

*Exploring and understanding your parenting,
your children and the way you interact together.*



About the Course

Black Box Parenting is a 5 week program that explores how previous life events and experiences can influence our parenting and effect the messages we give and receive. Parents and caregivers can begin to understand a bit more about themselves and their children and the way they interact.

What will I learn?

- ☉ How trauma & stress can affect children, relationships & attachment between children & caregivers
- ☉ How the past can impact us in the present
- ☉ Managing your child's behaviour and looking after yourself as a parent

When is it?

- Dates:** The program consists of 5 face-to-face group sessions
Held on Tuesdays - *Contact us to find out the next scheduled program*
- Time:** 10:00am - 12:30pm
- Location:** Jane Ardler Centre, 51-53 Berry Street, Nowra 2541
- Contact:** 1800 267 327 or email: fcs@southcoastams.org.au

