



## ALCOHOL & OTHER DRUGS

# BRINGING UP GREAT KIDS

### How we can help

Odyssey House Community Services offer the Bringing Up Great Kids support group.

This group is designed to assist parents recovering from alcohol and/or drug issues by providing positive parenting education.

Participants will increase skills to become more reflective in their parenting approach, as the group supports caring and nurturing relationships between parents and children.

Contact our Assessment Team to secure your position in this free program.

### Find out more

Group participants will learn skills and receive support with:

- Your parenting styles and techniques
- Mindfulness: self-care and support
- The message centre of the brain
- Child's brain - Parents brain
- How to respond to behaviours
- Stages of development
- Recognising strengths in your children
- Age appropriate language and tones of voice

### When

Fridays / 10.00 am to 12.00 pm  
Starting 21<sup>st</sup> June 2019 to 19<sup>th</sup> July 2019

### Where

Balcombe Heights Estate, 92 Seven Hills Road, Turner Buildings 4 & 5  
Baulkham Hills, NSW 2153

**Community Services: 1800 397 739**

T: 02 9622 7511 / F: 02 9831 7337

E: [csws@odysseyhouse.com.au](mailto:csws@odysseyhouse.com.au) / W: [www.odysseyhouse.com.au](http://www.odysseyhouse.com.au)

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ODYSSEY HOUSE  
NEW SOUTH WALES

Community Services