

Black Box Parenting.

Supporting parents who have experienced distress, suffering or trauma throughout their life

Parents at risk or who have community services involvement

Explore how previous life events, experiences and/or trauma influence your parenting and how you interact with your children. Facilitators will provide a non-judgmental environment to help you improve your social and emotional wellbeing to support your parenting journey.

What will I learn?

- Understand the impact trauma or traumatic experiences can have on the brain
- Understand your 'black box' – the filter that affects the way you communicate and parent
- Strategies to build connection, attachment and trust with your child including emotion coaching and special play

Funded by the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

For more information or to make a booking

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**Always
connected.**

