

## MEDIA RELEASE

10 April, 2015

### Program offers new parenting skills to Millmerran families

CARERS and parents of young children are invited to take part in a free eight-week parenting program being held in Millmerran.

It is the first time the program has been staged in the community.

Millmerran Multipurpose Health Service Family and Child Health Nurse Mary Grebenshikoff said it was an exciting opportunity for local families.

“The Circle of Security Parenting Program is an internationally recognised program that helps parents or caregivers provide the best outcomes for their children,” Ms Grebenshikoff said.

“It helps parents identify what their children’s emotional needs are, and how to best respond to their behaviours.

“These skills will hopefully enable parents to raise children who are more resilient, have fewer behavioural difficulties and improved self-esteem, as well better relationships with their family and friends.”

The eight-week interactive program involves the screening of short films featuring parenting scenarios. These scenarios then form the basis of discussions and time is allowed for questions.

The program will be held at the Millmerran C and K Kindergarten, Margaret St every Wednesday from 11am.

The program begins on 22 April.

For more information or to register contact Mary Grebenshikoff on 4695 3124.

**Ends**

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