

Parenting Group

Are you looking to feel more confident and connected in your parenting journey?

Join our free 8-week Parenting Group to explore effective parenting strategies and build stronger connections with your child.

Attending four or five sessions is ideal, but you're welcome to join us anytime during the 8 weeks.

Topics include

- Attachment styles
- Mindful parenting
- Circle of security
- Emotional resilience
- Developmental stages
- Getting unstuck

Benefits

- Gain more confidence in parenting
- Learn how to identify your child's behavioural cues
- Help your child to manage their emotions
- Support the development of your child's self-esteem

Who is this group for?

Parents or carers who are taking care of children aged 0 – 5.

Where

Sonder Port Adelaide

2/72 Lipson St, Port Adelaide SA 5015

When


For upcoming dates and times in 2025, contact our team.



Getting involved is easy

To register for an upcoming Parenting Group, contact us

 info@sonder.net.au

 (08) 8209 0790