

Feel confident and connected in your parenting journey.

Join our Parenting Group: 8 weeks of learning and reflection

Explore effective parenting strategies and build stronger connections with your child.

We recommend attending 4 or 5 sessions, but you're welcome to join us anytime during the 8 weeks.

Topics include

- Parenting styles
- Attachment styles
- Circle of security
- Developmental stages
- Trauma and resilience
- Emotional regulation
- Mindful parenting
- 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 your child's development and self-esteem.

Who is this group for?

Parents or carers with children aged 0 – 11.

This group is designed for parents. We kindly ask that children do not attend the sessions.

Where

Sonder Port Adelaide

2/72 Lipson St, Port Adelaide SA 5015

When

Thursdays:

12 February – 2 April 2026

10 am – 12 pm



To express interest, complete the referral form on our website.

sonder.net.au/western-wellbeing

(08) 8209 0790 info@sonder.net.au

 **Sonder**
Better Care Better Health