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

- Parenting styles
- Attachment styles
- Circle of security
- Developmental stages
 Getting unstuck
- Trauma and resilience
- Emotional regulation
- Mindful parenting

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 carina for children aged 0 - 11.

Where

Sonder Port Adelaide

2/72 Lipson St, Port Adelaide SA 5015

When

Starting 23 October 2025

Every Thursday from 10 am - 12 pm



Getting involved is easy

To register for an upcoming Parenting Group, contact us.









