

Positive Parenting Group

A **free** online five-session supported parenting group for parents of children aged 5-10 years.

Open to parents living in the Cities of Darebin, Yarra, Banyule, Nillumbik and Whittlesea.

The positive parenting group supports parents to learn strategies they can put in place to support their child to:

- Manage their emotions,
- Build emotional resilience,
- Build self-esteem and independence,
- Develop problem solving skills,
- Develop life and communication skills, and
- Build healthy relationships.

The group will address common parenting challenges and provide strategies to put in place to support the wellbeing of their child and the family. Each family attending will receive a free resources pack.

Dates: weekly for 5 weeks, commencing 10/11/25*

Time: 10:00am - 11:00am

Location: Online via Zoom

*Please note availability for all sessions is required

How to make an enquiry:

Contact Georgia from the Triple P Team by emailing us at triplep@berrystreet.org.au with your *full name* and *contact number*. Enquiries must be made by 5pm on 27/10/25.

Please note that enquiries do not guarantee an enrolment in the group and that capacity for the group may be reached prior to this date. As such, we encourage you to reach out ASAP to avoid disappointment.

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Believing In
Children,
Young People,
Families &
Their Future.

