

PARENTING TODAY ONLINE PROGRAM

STRIDE.
EDUCATION
UPSKILL.EMPOWER.THRIVE.



Take your parenting to new heights! This 6-week online course can be run in the comfort of your own home with a community of like-minded people striving to be the best parents they can be.



HERE ARE A FEW THINGS YOU WILL LEARN IN THIS 6-WEEK ONLINE COURSE:

- Develop a mindful mindset to manage stress effectively
- Develop and implement your personal self-care plan
- Understand the impact of your parenting style
- Recognize personal stress triggers
- Develop greater impulse control
- Understand the effect of communication
- Develop greater empathy and compassion
- Understand and create family values/commitments
- Understand how stressful situations can impact perception



HOW IT WORKS

Personal Investment for ALL 6 Modules is \$198.00

Module 1 is **FREE** to everyone who registers.

Materials and activities covered in Module 1 are yours to keep.

At the end of Module 1, you will have the opportunity to sign up for the entire program.

RECOMMENDED FOR...

All parents/carers



BOOK NOW!

Call us on 03 9088 5520
email office@stride.org.au
visit www.stride.org.au