

# The Expert Within

Four Week Parenting Program  
Free Workshop



The Expert Within is a **FREE** workshop developed by Centrecare  
This program will help you:

- Learn more about child development
- Identify your parenting style
- Develop behaviour management plans
- Strategise to guide your child's behaviour
- Learn how to keep your stress in check
- Self-care

**Where:** Centrecare, 168 Egan Street, Kalgoorlie

**Time:** 9.30 – 11.30am

**When:** Every week commencing Tuesday 6<sup>th</sup> November, 2018

## Registration is essential

Please call contact Centrecare on:

Email [kalgoorlie@centrecare.com.au](mailto:kalgoorlie@centrecare.com.au) or (08) 9080 0333

