



HEALTHIER AND HAPPIER PARENTS
BRING UP HEALTHIER AND HAPPIER KIDS





Do you want to be a better parent, bring up resilient kids and have a stronger relationship with them?

Dr Naomi Rutten, local Mental Health GP, partnered with Gawler Youth are hosting free online parenting webinars.

Sessions provide parents education and support, enhancing your parenting skills with practical and evidence based tools.

TOPICS INCLUDE...

- ✓ **Understanding Child Brain Development**
- ✓ **How Does Your Child's Brain Grow**
- ✓ **The Importance of Mindfulness**
- ✓ **Messaging**
- ✓ **Children's Emotional Development**
- ✓ **Impact of Personality, Gender & Culture**

Join the 'Help! I'm a Parent' private Facebook group to join online conversation and ask questions that will be incorporated into the pre-recorded series.

Sessions can be accessed at your convenience on the 'Help! I'm a Parent' YouTube channel from the end of May 2020 until the series is complete.

Dr Naomi Rutten
MENTAL HEALTH GP

For more information:
visit **youth.gawler.sa.gov.au**
or call **0488 991 765**

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