

*A relationship building group held weekly for
mothers and young children
who have experienced family violence*

- **Have you experienced family violence?**
- **Do you have an infant or toddler aged four years or less?**
- **Do you find your experiences make parenting and bonding with your child challenging?**



Children and Mothers in Mind provides you and your child support to overcome hurtful experiences, strengthen your relationship with your child, and reduce parenting stress through playing, singing, talking, having fun, processing experiences, hearing from other mums, building confidence and strengthening connections.

WHEN

September 2017

This program is free

**For more information contact Carmel
on (03) 5222 4318 or admin@barwoncasa.org**