

*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**

From Wed 4 Oct or Thur 5<sup>h</sup> Oct  
for 22 weeks  
10.30am-12

Light refreshments provided

#### **WHERE**

Wirrigirri @ 2 Darebin Place,  
Caroline Springs

**This program is free**

**For more information contact us on  
(03) 9361 7000 or [CMiMwm@caroline.org.au](mailto:CMiMwm@caroline.org.au)**