

The Treehouse Parenting Program is a 10 session course which runs over a 10 week period. It is delivered to parents in a non-judgmental, compassionate environment. The Treehouse Parenting program assists with parenting issues and the development of parenting skills through the lens of attachment and the participants life experiences. It has been designed for parents with Drug and alcohol, and/or mental health concerns. The program contains therapeutic, educational and skills components and is positively recognised by DoCS. Participants will learn: diverse parenting skills, confidence, strategies for managing mental health, stress, anxiety and depression; understanding personal triggers and cravings; skills for healthy relationships and awareness of the personal values and behaviours. A healthy lunch is provided for participants every week.



Dates: 4th, 11th, 18th September 9th,16th, 23rd, 30th October 13th, 20th, 27th November Please send referral and/or questions to:

Linda: LRandall@quihn.org 0439 914 421

Referrals will be taken till 28th August 2018

Where:

6 Lawson Street, Southport