

Black Box Parenting Program

Black Box is a 5 week program for women whose parenting has been impacted by their own experiences of abuse, neglect and violence.

Topics include:

- Fight, Flight, Freeze
- Brain Development
- Attachement
- Special Play
- What's in your Black Box?
- Remorse, guilt, and shame
- Emotion coaching
- Behaviour management strategies
- Rewards Charts

Where: Maitland

**When: Mondays 16/02/26 -
16/03/26**

Time: 10am - 12:30pm

**Morning tea and child care
provided**

To register

