



MINDFUL: CENTRE FOR TRAINING AND RESEARCH IN
DEVELOPMENTAL HEALTH AT THE UNIVERSITY OF MELBOURNE

FREE ONLINE 'TUNING IN TO KIDS' AND 'TUNING IN TO TODDLERS' GROUPS FOR PARENTS AND CARERS

Evidence-based parenting programs

**8 X 2 HOUR ONLINE SESSIONS
FROM WEEK OF 23 OCT - 11 DEC**

For parents and carers of children aged 1-11 years.

Learn how to better connect with your child and to support their social and emotional development.

These programs will help you better understand and communicate with your child, and prevent anxiety and behaviour problems.



**[CLICK HERE FOR SESSION TIMES
AND TO SIGN UP](#)**

